



## **SIDS Reduction**

### **Suggestions for Child Care Professionals**

1. Make sure all care providers have been taught infant CPR and feel confident that they could perform it appropriately if necessary.
2. Make sure all care providers have been taught your SIDS reduction procedures and will follow them under all circumstances.
3. Fully discuss SIDS risk reduction procedures with parents. They will respect your knowledge and professionalism.
4. If parents' instructions are against AAP recommendations, discuss this discrepancy with them.
5. Keep infants in smoke-free environments.
6. Always put infants on their backs to sleep, *never* their stomachs or their sides.
7. Once infants can flip over on their own, check on them often. Change them back to a safe position.
8. Do not use wedges in the bed to position the infant.
9. Discuss with parents the use of sleepers instead of covers. (Baby sacks are good alternatives.)
10. Do not use bumper pads, quilts, pillows or other billowy objects in the crib.
11. Do not put stuffed toys in the crib.
12. Do not put coats, sweaters and other loose clothing in the crib.
13. Do not put infants on adult beds, sofas, or other places *not* specifically designed for infants to sleep.
14. The baby is safest in a baby bed with nothing in the bed but the baby and necessary clothing.
15. If the infant is bundled up when he arrives, remove enough clothes so that he is not too warm for the inside temperature. Do this even if you have to wake him up.
16. When holding the infant make sure his face is not turned into your chest or your lap. Keep his airway free so that he is breathing fresh air and not re-breathing his own expired air.
17. Infants with GER are often placed in an elevated position such as in car seats or swings to sleep. They should never be placed on their stomachs. If you are instructed to place the infant on his side, make sure his arm is out to hinder him from rolling to his stomach. Side sleep has a much higher rate of death than back sleep. Check on him often.
18. If an infant dies:
  - ◆ Follow all emergency procedures.
  - ◆ Cooperate with the investigators. (All sudden infant deaths are investigated.)
  - ◆ Answer the parents' questions to the best of your ability. Do not be defensive.
  - ◆ Inform other parents of the death.
  - ◆ Have brochures on SIDS available (Obtainable from the American SIDS Institute.)
  - ◆ Consider grief counseling for yourself and your staff.

