**Sudden Infant Death Syndrome: Risk Reduction, Safe Sleep Guidelines and the Cribs for Kids® Campaign**

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**SUID: Sudden Unexpected Infant Death**

The umbrella under which falls:

- Sudden Infant Death Syndrome
  - Accidental Suffocation
    - Entrapment
    - Asphyxia
    - Neglect
    - Homicide
  - Hypothermia/hyperthermia
  - Metabolic disorders
  - Unknown

Can be explained or unexplained; natural/undetermined
Sudden Infant Death Syndrome
ICD-9 Definition

The sudden death of an infant under one year of age which remains unexplained after the performance of a complete post-mortem investigation including:

• autopsy
• examination of the scene of death
• review of the case history

SIDS Facts

• Leading cause of infant death between 1 month and 1 year of age.
• Highest rates in African American/American Indian/Alaska Native babies
• 2,500 babies die of SIDS each year in U.S.
• Peak incidence between 2 – 4 months of age
• More males than females (60% to 40% ratio)
• More frequent in winter months
• Baby apparently healthy, often recent URI (50%)
• Usually full term; premature babies at greater risk
• Death occurs during a period of presumed sleep
Babies at Risk for SIDS

- African American, American Indian, Alaska Native babies (2 times greater risk)
- Mothers who smoke during pregnancy (3 times greater risk)
- Babies who breathe secondhand smoke (2.5 times greater risk)
- Babies who sleep on their tummies (5 times greater risk)
- Babies put on their tummies to sleep who usually sleep on their backs (18-20 times greater risk)
- Babies who sleep with parent(s) in adult bed (40 times greater risk)

Triple Risk Model to Explain SIDS

(Filiano and Kinney, modified)
April 15, 1992
The American Academy of Pediatrics recommended that healthy infants:

“when being put down for sleep, be positioned on their back or side.”

December, 1996
A revised statement by the AAP stated:

“Back is best.”

October, 2005
“Every caregiver should use the back sleep position during every sleep period.”
“Bedsharing during sleep is not recommended.”
“Offer baby a clean, dry pacifier at nap time and bed time.”
“Separate but proximate sleeping environment.”

Question...?
By what percentage has the SIDS death rate decreased after the back sleeping position was recommended by the American Academy of Pediatrics in 1992?

A. Less than 25%
B. Over 50%
C. 85%
Sleep Position for Baby (SIDS Deaths in the United States)

1992

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
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<tbody>
<tr>
<td>8,000 babies died.</td>
<td>2,500 babies died.</td>
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</table>

25,000 babies’ lives have been saved!

SIDS Rate Source: CDC, National Center for Health Statistics,
Sleep Position Data: NICHD, National Infant Sleep Position Study.
About Aspiration...

- Babies are not at a greater risk for aspiration or vomiting on their backs
- There is no evidence of an increase in aspiration or vomiting since back sleeping was recommended
- There is evidence that infants who vomit are at greater risk of choking if they are sleeping face down (AAP, 2000)

Anatomy and Physiology

In the supine position, the trachea lies on top of the esophagus. Anything regurgitated or refluxed from the esophagus has to go against gravity to be aspirated into the trachea.
Bed Sharing with Siblings, Soft Bedding
Increase SIDS Risk –
Chicago Infant Mortality Study, Pediatrics, May, 2003

• Sleeping on soft bedding: increased SIDS risk 5 times
• Sleeping on the stomach: increased SIDS risk 5 times
• SIDS victims were 5.4 times more likely to have shared a bed with other children.
• Sleeping on the stomach on soft bedding: increased risk of SIDS 21 times

Question...?

The lowest risk for SIDS is conferred when the infant sleeps:

A. In the same room with parents in a safe crib.
B. In a safe crib in a separate room.
C. In bed with parents.
Where Should Infants Sleep?
Scheers, Rutherford, & Kemp

• Infants < 8 months, risk of death in cribs: .63 deaths/100,000 infants.

• Infants < 8 months, risk of death in adult beds: 25.5 deaths per 100,000 infants.

Risk for SIDS:
Greatest if sharing a sleep surface.
Intermediate if sleeping in another room.
Least if infant sleeps in same room without bedsharing

Safe Sleep Recommendations

• The safest way for your baby to sleep is on its back, alone in a crib.

• The baby's crib should have a firm mattress, closely fitted to the sides of the crib, and a tight-fitting sheet.

• Don't over-dress or over-bundle your baby. One light cover, tucked at the bottom and sides of the crib, is enough.

• Have no pillows, bumpers, loose blankets or toys in crib.

• Never let your baby fall asleep in a bed or chair with someone who is smoking, tired, ill, or overweight.

• The baby's home should be smoke-free.

• Offer the baby a clean, dry pacifier at nighttime and naptime.

• Breastfeeding has important health benefits for babies; do it safely. When finished, return the baby to the crib.
Race and Infant Mortality

Infant Mortality in the U.S.:

<table>
<thead>
<tr>
<th></th>
<th>African American Babies:</th>
<th>Caucasian Babies:</th>
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<tbody>
<tr>
<td>13.5 deaths per 1,000 live births</td>
<td>5.7 deaths per 1000 live births</td>
<td></td>
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</table>

% of Babies Bedsharing in an Adult Bed:

<table>
<thead>
<tr>
<th></th>
<th>African American Babies:</th>
<th>Caucasian Babies:</th>
</tr>
</thead>
<tbody>
<tr>
<td>41.8%</td>
<td>12%</td>
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SIDS is NOT Suffocation

Although SIDS is different from suffocation, all the measures we use for SIDS risk reduction, also help to prevent accidental deaths such as positional asphyxia, overlay, and entrapment.

These are 100% PREVENTABLE deaths!
The Ideal Safe Sleep Environment

1. Baby sleeps in crib.
2. Baby sleeps on back.
3. Nothing in sleep area.
4. Baby’s face uncovered.
5. No smoking around baby.
6. Do not overhear or overdress.

Unsafe Sleep Environment:
Falls from Adult Beds onto Soft Materials

Used with permission from
Tomorrow's Child, Michigan SIDS
Unsafe Sleep Environment:
Waterbeds

Unsafe Sleep Environment:
Soft Bedding
Unsafe Sleep Environment

What’s Wrong with these Pictures?

Jennifer Lopez’s nursery

- Safe! 7.8% (8 babies) Found in cribs or bassinets
- Unsafe! 92.2% (94 babies) Found in unsafe sleep environments

Source: Dept. of Pathology, Duke University Medical Center, Durham NC; Office of the Chief Medical Examiner, Chapel Hill, NC; Published in Journal of Forensic Science, January, 2005

SIDS Risk Factors with Regard to Sleep Position, Sleep Surface, and Bedsharing
Omaha, NE Study of 10 SIDS Deaths from Jan. – June 2005

- Safe! 10% (1 baby) Found in crib or bassinet
- Unsafe! 90% (9 babies) Found in unsafe sleep environments

Source: Omaha World Herald series on bedsharing deaths, July 2005
Of the 68 infant deaths between 2001-06, how many babies were in an ideal sleeping space? (on the back, in a safe crib, no cigarette smoke, no soft bedding)

Allegheny County, Pittsburgh, PA

Unsafe! Only 2!

FACT!

The overwhelming majority of babies who die from SUID/SIDS are discovered in an unacceptable sleep position or sleep location!

The overwhelming majority of babies who continue to die from SUID/SIDS are African American babies!
FACT!

Knowing is not enough: we must apply. Willing is not enough: we must do.

...Johann Wolfgang von Goethe

Components of the National Cribs for Kids® Program!
Cribs for Kids®  Graco Pack ‘n Play

Graco ‘Pack n Play®’ -- $49.99

- Our own C4K SKU number
- Can not be returned to any retail store
- Safety approved
- Portable
- Compact
- Easy to assemble

Cribs for Kids® Crib Sheet
with Safe Sleep Message
$5.00 each

Please Keep Me Safe...

Tummy To Play

Back to Sleep

For naps & at night to reduce the risk of SIDS

Now I lay me down to sleep,
Alone in my crib, without a peep.
On my back, in smoke-free air,
Thank you for showing me that you care.

Portable Crib Sheet Design

www.cribsforkids.org
1.888.721.CRIB
HALO™ SleepSack™ Wearable Blanket

Replaces loose blankets in the crib, lessening the likelihood of babies getting blankets over or around their face.

Respironic Soothie Pacifier

Soothie®
For Babies Without Teeth

Soothie is a premium pacifier designed for newborns and babies without teeth who are successfully bottle or breastfeeding. Its one-piece construction adheres to the American Academy of Pediatrics guidelines.
“Keep Me Safe” Photo Magnet
$.75

Keep me safe
On my back
In smoke-free air

¡Protegeme!
Sobre Mi Espalda
En Un Ambiente Libre De Cigarrillo

Safe-Sleep Survival Kit $69.99

Please Keep Me Safe…
Now I lay me down to sleep,
Alone in my crib, without a peep.
On my back, in smoke-free air,
Thank you for showing me that you care.

For naps & at night to reduce the risk of SIDS
Back to Sleep
Public Service Announcement
Infant Safe Sleep Video

Components of the Cribs for Kids® program

- Standardized materials
  - Safe-sleep brochures, posters, etc.
  - Training manuals
  - Standardized forms
  - Grant writing language
  - Current safe-sleep literature review
  - PowerPoint presentations
- National fundraising initiatives
- Crib distribution system
- Networking opportunities
- Ongoing support
Components of the ‘Cribs for Kids®’ Program

Application Form

Trademark License Agreement
Components of the ‘Cribs for Kids®’ Program

**Standardized Brochures**

Every year, some infants die while sleeping. Keep your sleeping baby safe.

Survey Instruments – Pre & Post Tests

[Survey Instrument Images]
Components of the ‘Cribs for Kids®’ Program -- Standardized Forms

Hold Harmless Agreement

Components of the ‘Cribs for Kids®’ Program

Safe-Sleep Checklist
How to Order a Safe-Sleep Environment

Networking & Ongoing Support

- Semi-Annual conference
- 24-Hour Hotline
- Experienced staff at national office answers questions & provides guidance
- Fundraising Advice
- Easy ordering of Safe Sleep Survival Kits
‘Cribs for Kids®’

Grew from a local program serving Allegheny County, Pennsylvania to:

262 Partners in 48 states.

With the growth of our Cribs for Kids Resource Center on Pittsburgh’s North Shore that distributes Graco Pack n Play cribs, Halo Sleep Sacks, portable Cribs sheets, Graco Car Seats and Educational Materials

In just 4 years!!!!

Growth between 2006 and present!

To Date:
262 Partners in 48 States

Cribs for Kids locations   Awaiting signed agreement
Mandated Legislation (language and guidance)

Pennsylvania Act 73 of 2010
SIDS Education and Prevention Program

Signed into law on October 19, 2010 by Governor Edward Rendell of Pennsylvania, providing for education of parents relating to SIDS and unexpected deaths in infancy, taking effect on December 16, 2010.
Conclusion

Studies done by SIDS of PA have proven that participants enthusiastically receive and use the cribs and that participation in the program increases their knowledge of SIDS risk-reduction strategies.

Since 1998 all of the 10,500 babies participating in the Cribs for Kids® Campaign in Allegheny County celebrated their first birthdays.

More children die of SIDS in a year than all children who die of cancer, heart disease, pneumonia, child abuse, AIDS, cystic fibrosis, and...