

Safe Sleep for North Dakota Babies

Sarah Myers, RN, CCR&R
Kjersti Hintz, RN, NDDoH



2010 ND Conference on Injury
Prevention and Control

1

Objectives

- Define SIDS/SUID
- Discuss leading theories
- Identify safe sleep practices
- Identify a safe sleep environment
- Discuss statewide activities



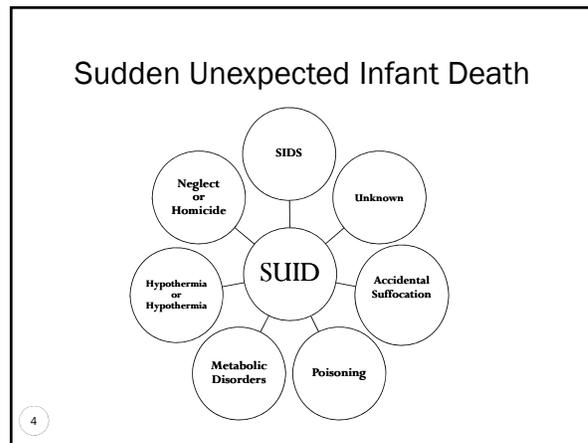
2

Safe Sleep in the Media

[Health leaders address unsafe baby care.fly](#)

2008 Indianapolis area

3



What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant under the age of one year that remains unexplained after:

- A complete autopsy
- Review of the case history
- Death scene investigation

SUID: Describes all sudden, unexpected deaths regardless of cause

5

Cause for Concern?

- 4,600 SUID deaths per year
- 2,500 of these attributed to SIDS



SIDS deaths

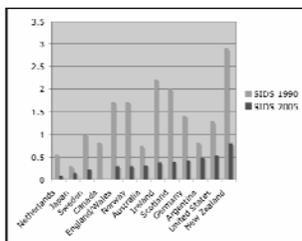
offset by...



Accidental Suffocation and Strangulation in Bed

6

SIDS Internationally:



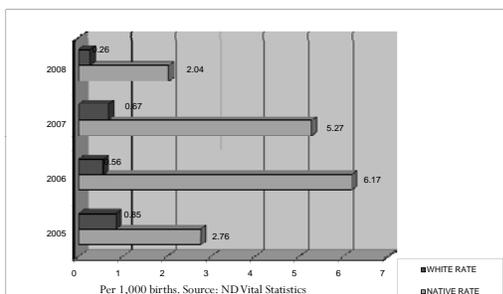
7

Back to Sleep Campaign



8

ND White vs. Native American Rate



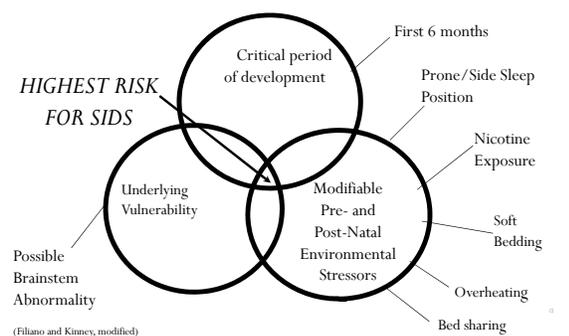
9

Established Risk Factors

- Prone (tummy)/side sleep position
- Maternal smoking/drug use during pregnancy
- Environmental tobacco smoke
- Overheating
- African American
- Native American
- Soft sleep surface
- Bed sharing
- Late or no prenatal care
- Young maternal age
- Prematurity and/or low birthweight
- Male sex
- ** Unaccustomed Tummy Sleeping**

10

Triple Risk Model to Explain SIDS



(Filiano and Kinney, modified)

2010 Breakthrough Research



- Serotonin and the Brainstem
- Levels in SIDS babies 26 percent lower
 - Usually only fatal when the ability to breathe is put under stress
 - Findings underscore the importance of safe sleep practices and good prenatal care

12

Video

[Children's of Minnesota - Minnesota Sudden Infant Death \(SID\) Center.flv](#)

13

Safe Sleep Practices

- Position
 - * always on back
- Tummy time
 - * when awake and supervised

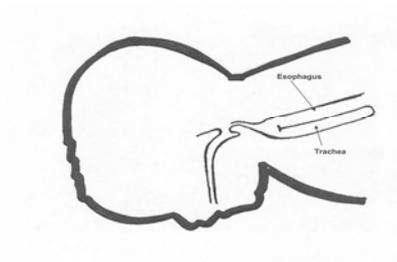
14

Unsafe



15

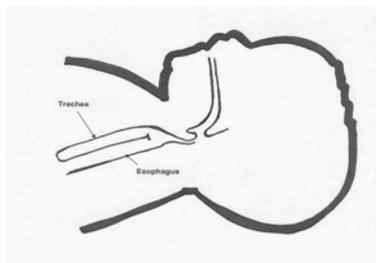
Anatomy when sleeping on stomach



16

Revised - 04/08

Anatomy when supine



17

Revised - 12/08

Safe Sleep Practices

- Pacifiers
 - * don't attach to clothing
 - * inspect for tears
- Remove bibs, hats, necklaces

18

Safe Sleep Practices

- No smoking
 - * second hand smoke
 - * third hand smoke

- Supervision
 - * visual checks every 15 minutes

19

Safe Sleep Practices

- Don't overheat with clothing or with room temperature
 - * 68-72 degrees F recommended

- Keep head uncovered

20

Safe

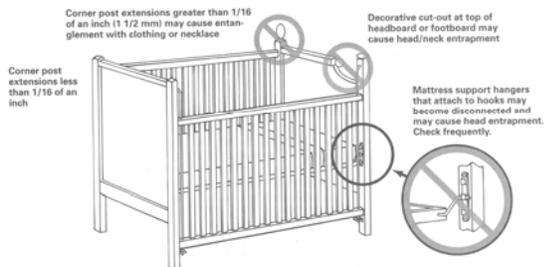


21

Safe Sleep Environment

- Safety approved crib, playpen or bassinet
- Firm, tightly fitted mattress
- Side of crib always up, locked in highest position
- Mattress in lowest position
- No mobiles or crib toys

22



23

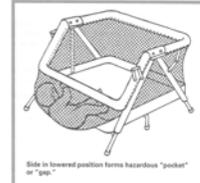


24

Unsafe



25



26

Bassinets

- Follow weight guidelines
- Only for non-mobile infants
- Watch for tipping
- Bassinet inserts for playpens

27



28

Unsafe



29

Unsafe



30

Safe Sleep Environment

- Crib/playpen/bassinet away from windows, heaters, outlets, and stairs
- No items within reach
- No heavy items hanging on walls around crib (framed pictures, shelves, etc.)

31

Safe Sleep Environment

- No soft items in sleeping space
- No bedding except for properly fitting fitted sheet

32

Unsafe



33

Unsafe



34

Safe



35

Safe Sleep Environment

- No crib sharing or co-sleeping
- No positioners

36

Unsafe



37

Unsafe



38

Safe



39

Unsafe



40

Unsafe



41



42

CCR&R Activities

- On-line SIDS training
- Face to Face SIDS training upon request
- Information on website
www.ndchildcare.org
- Information given at on-site visits
- Collaboration with Safe Kids FM

43

North Dakota SIDS Management Program

- ND Century Code
- Letters, phone calls and home visits
- Providing resources
 - "Your Own Special Goodbye"
 - www.ndhealth.gov/sids



44

Support Groups

- Angel Babies: Bismarck
- Share: Fargo
- Compassionate Friends: Bismarck, Carrington, Devils Lake, Grand Forks, Minot and West Fargo
- Good Grief: Bismarck



45



- Started in Pittsburgh PA in 1998
- Comprehensive Safe Sleep education and crib distribution program
- ND became a partner in 2009
- Funding through RMHC of Bismarck and Fargo
- Distribution sites in 12 sites throughout the state

46

Thank you!

Questions?

Kjersti Hintz
NDDoH
(701)328-2784
kchintz@nd.gov

Sarah Myers
CCR&R
(218)299-7626
sarahm@lakesandprairies.net

47