

Safe Infant Sleep Toolkit

2021

Patient Safety Awareness

*Your guide to raising awareness
among staff, patients, and families*



Patient Safety is Everyone's Responsibility

Approximately 3,500 infants die annually in the United States from sleep-related infant deaths. In the Centers for Disease Control and Prevention (CDC) rankings for 2014-2018, Indiana ranked 31st with a rate of 102.4 deaths per 100,000 live births for sudden unexpected infant deaths (SUID). The American Academy of Pediatrics recommends a safe sleep environment that can reduce the risk of all sleep-related infant deaths. Recommendations for a safe sleep environment include supine positioning, the use of a firm sleep surface, room-sharing without bed-sharing, and the avoidance of soft bedding and overheating.



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October is [Safe Infant Sleep Awareness Month](#). Ideas for education and messaging each week:

Week 1: Alone/All by myself

Week 2: Back to sleep/On my back

Week 3: In a Crib/In my Crib

Week 4: Other protective factors (room-sharing, not bed-sharing; breastfeeding; smoke-free environment, etc.)

Safe Infant Sleep Practices – Use these images, messages, and links in your public social media and internal staff education.

Message 1: In 2019, 527 Hoosier babies died before their first birthday. That equals nearly 44 babies every month and more than 10 babies every week. For more information on helping reduce infant death in Indiana, visit www.in.gov/laboroflove. #SaferHoosiers #PatientSafetyAwareness #SafeSleep



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Message 2: To ensure an infant sleeps safely, remember the ABCs of safe sleep: All by myself, on my Back, in my Crib. Get more information about safe infant sleep practices at www.nichd.nih.gov. #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 3: “The rules keep changing. How do I know if I’m doing the right thing?” It is important to understand why the “rules” or recommendations have changed so much over time. Doctors have studied the reasons why babies die in their sleep and as they learn more, they pass the information on to parents. Learn more about how to avoid these risks at <https://pediatrics.aappublications.org> #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep



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Message 4: The sudden death of an infant younger than 1 year of age can happen because of factors like: suffocation by soft bedding; overlay — when another person rolls on top of or against the infant while sleeping; wedging or entrapment — when an infant is wedged between two objects such as a mattress and the wall, bed frame, or furniture; and strangulation — for example, when an infant’s head and neck become tangled in car seat straps or wrapped in blankets. Learn more at: [Ways to Reduce The Risk Of SIDS And Other Sleep-Related Causes Of Infant Death](#) #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep



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Message 5: When it’s time for your baby to sleep, always place him or her on a firm surface, like a mattress covered in a fitted sheet in a safety-approved crib. Don’t place your baby on soft surfaces like a couch or pillow. Get more tips on ways to ensure your baby sleeps safely at [Ways to Reduce The Risk Of SIDS And Other Sleep-Related Causes Of Infant Death](#). #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Resource Links

A variety of resources are available to support your Safe Infant Sleep campaign. Check out the websites below for information and tools and use the video links in your education and social media. We have also included printable IHA table tent and crib card files, as well as a pull up banner that you can order.

Community

www.cdc.gov/sids/Parents-Caregivers.htm
<https://safetosleep.nichd.nih.gov/resources/caregivers/environment/room>
<https://www.in.gov/laboroflove/index.htm>

Professional

<https://safetosleep.nichd.nih.gov/resources/providers>
<https://www.in.gov/laboroflove/files/breastfeeding-safe-sleep-guidance-document-2020.pdf>

Both

www.cdc.gov/vitalsigns/safesleep/index.html
safetosleep.nichd.nih.gov/resources/providers/downloadable/baby_anatomy_image
<https://www.safesleepacademy.org/why-back-to-sleep/>
<https://firstcandle.org/>
<https://www.charlieskids.org/>

Printable Resources

[Safe Infant Sleep Practices Table Tent](#)

Click on the links above to download a PDF of the table tent. The table tent should be printed on 8 ½ X 11" white card stock and then folded into thirds and taped on the seam. You can leave the ¼" margin or trim.



[ABCs of Safe Sleep Crib Card](#)

[Infant Safe Sleep Hospital Roadmap](#)

We also have Safe Sleep Banners available that can be personalized and ordered at your expense. If you are interested in learning more about this option, contact [Casey Hutchens](#).