



# Hospital-Wide Infant Safe Sleep Training

[INSERT HOSPITAL LOGO]

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- Ensure understanding of module applications and certification requirements. For more information refer to the Cribs for Kids Certification Manual.
- Silver and Gold Level applications require assigning this *Cribs for Kids' All Employee/Hospital-wide Training Module* via hospital electronic learning system to every hospital employee within the facility- including all departments, all staff, clinical & non-clinical. Not required of third-party or contracted staff.
- This initiative is not mandatory.
- Note, this is a separate initiative than the required training for clinical employees providing direct bedside care, education, or involved in policy making related to infant care less than one year of age.

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# Objectives

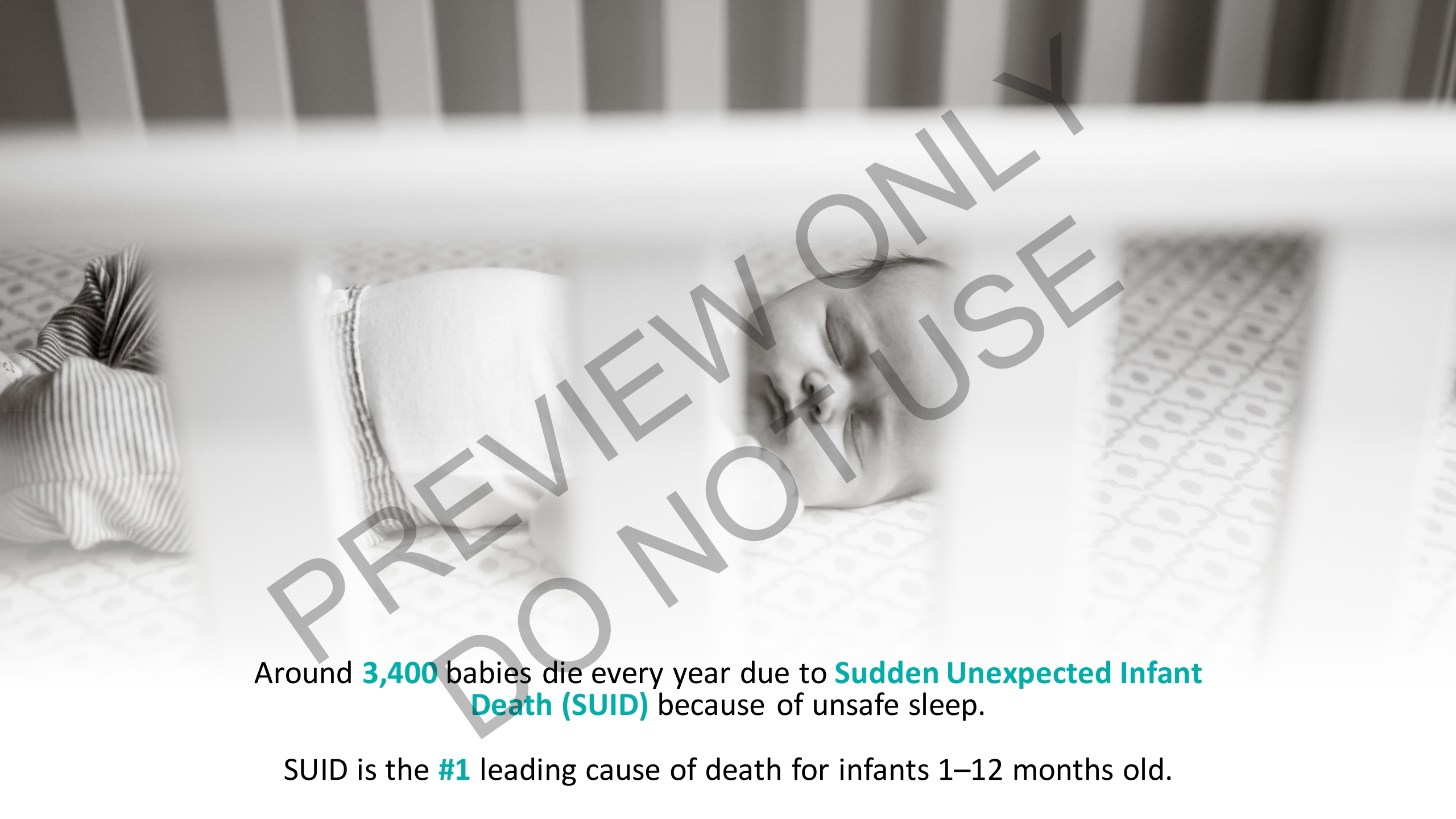
1. Define Sudden Unexpected Infant Death (SUID) and the related subcategories.
2. Recognize the environment safe for infant sleep environment and activities that increase and decrease risk of SUID.
3. Learn actions to take if you witness unsafe sleep in the hospital setting.
4. Understand resources available to share with your community.

# Introduction

- **Cribs for Kids** is a national infant safe sleep initiative that provides free education programs and manufactures safety approved products available for purchase.
- Hospitals achieve the **National Infant Safe Sleep Certification** by committing to evidence-based practices to reduce the number of infants dying each year from Sudden Unexpected Infant Death (SUID) related to unsafe sleep.
- As a hospital employee and community member, you can make a difference by recognizing and supporting these evidence-based infant safe sleep practices recommended by the **American Academy of Pediatrics (AAP)**.







Around **3,400** babies die every year due to **Sudden Unexpected Infant Death (SUID)** because of unsafe sleep.

SUID is the **#1** leading cause of death for infants 1–12 months old.

# Sudden Unexpected Infant Death (SUID)

**SUID is the umbrella classification that includes *any* unexpected death in infancy, before 1 year of age.**

**SUID consists of multiple sub-categories:**

## Accidental Suffocation and Strangulation in Bed

A death in the sleep environment with a confirmed cause of the infant's nose and mouth being covered or the neck/chest compressed from soft or loose bedding, overlay, or wedging.

## SIDS

A death in the sleep environment that cannot be explained after a thorough case investigation- including a death scene investigation, autopsy, and review of clinical history.

## Other External Factors

A small percentage of deaths are caused by disease or other external factors:

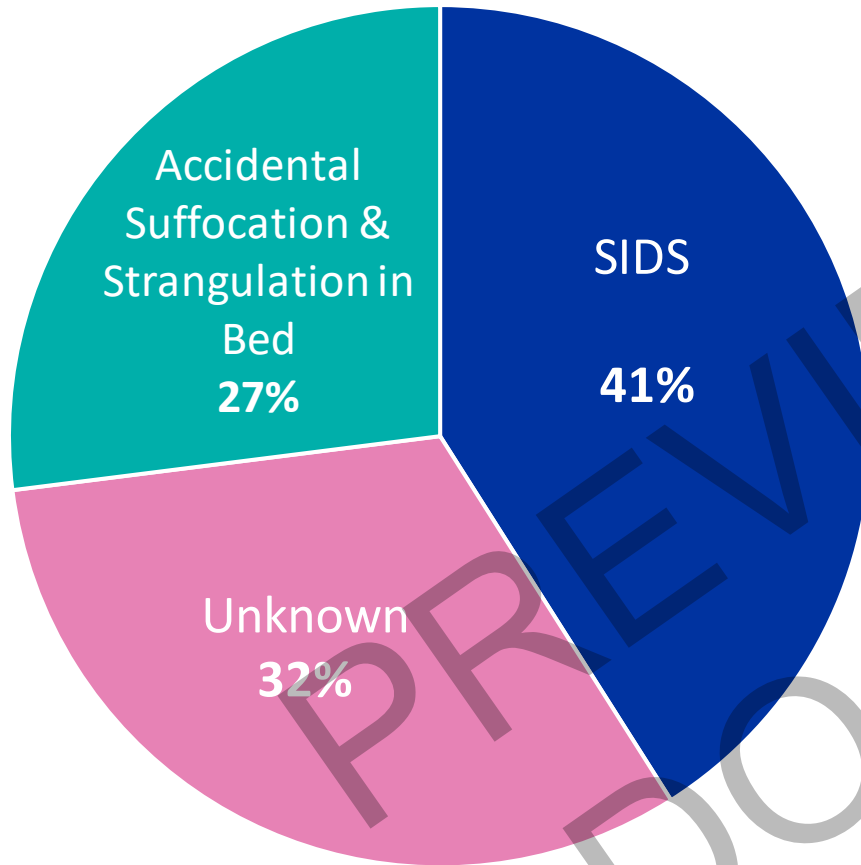
- Infections
- Poisoning
- Neglect/Trauma/Homicide
- Medical disease or conditions

## Unknown

Evidence is not clear or not enough information is available that results in an undetermined cause. Unsafe sleep factors often present.

# Infant Sleep-Related Deaths

CDC 2020 Breakdown of SUID



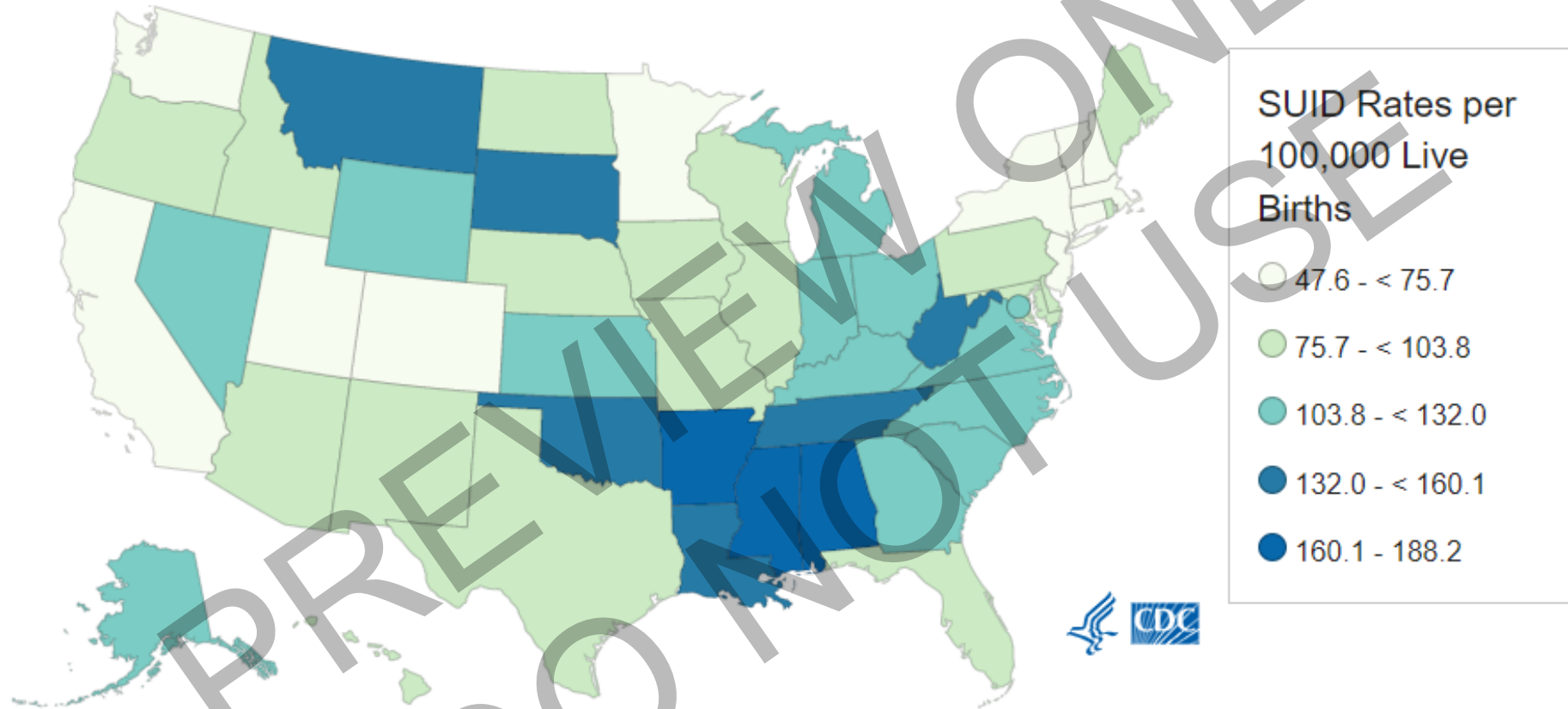
SOURCE: CDC/NCHS, National Vital Statistics System, Mortality Files. Rates calculated via [CDC WONDER](#).

- The majority of Sudden Unexpected Infant Deaths (SUID) are caused by **SIDS**, Unknown, and **Accidental Suffocation**, related to unsafe sleeping practices.
- SIDS is not preventable, but risk can be reduced with safe sleep practices.
- Accidental Suffocation & Strangulation in Bed is 100% preventable with safe sleep practices.
- Infants are most at risk between **1-4 months**.

# Nationwide SUID Rates

SOURCE: CDC/NCHS, National Vital Statistics System, Mortality Files. Rates calculated via [CDC WONDER](#).

## SUID Rates by State, 2016–2020



- **Lowest Rates:** Vermont, Massachusetts, California, New Hampshire, Minnesota
- **Highest Rates:** Mississippi, Alabama, Arkansas, Louisiana, West Virginia



# State, County, & Local SUID Rates

[ Add local statistics here to raise awareness and increase buy-in.]

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# 12 Steps for Safe Sleep

The American Academy of Pediatrics has identified evidence-based practices to reduce the risk of infant sleep related deaths and injuries.

Practice the following 12 Steps for Safe Sleep  
for the First 12 Months

*The following recommendations are listed according to strength.*



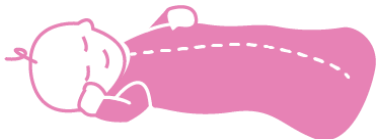
# Step 1

## Back to Sleep for Every Sleep

- Always place baby on their **back to sleep**.
  - For every sleep, **naps** and at **night**.
  - By every caregiver, until **1 year old**.
- Healthy infants should never sleep on their tummy, side, or use positioners.
- Caregivers should **start every sleep on baby's back**. Once babies begin to roll over, they do not need to be repositioned onto their back during sleep.
- “Unaccustomed tummy sleeping”: when a baby who normally sleeps on their back is placed on their tummy to sleep.

Back to Sleep  
lowers the risk of  
death by **50%**

Unaccustomed  
Tummy Sleeping  
**18x**  
higher risk of SUID



# Back to Sleep for Every Sleep

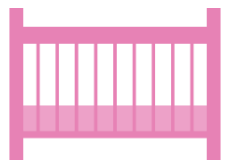


# Step 2

## Use a Firm, Flat, Safety-approved Sleep Surface

- Use a **firm, flat, non-inclined** surface.
- Check products for **recalls** & safety approval (Cribs, Pack 'n Play, bassinet, etc.)
  - Refer to Consumer Product Safety Commission (**CPSC**), **ASTM** International, **CDC & FDA**.
  - Avoid use of cribs with missing hardware or previous repairs
- **Infants should NEVER sleep in the following places:**
  - Adult beds, couches, recliners
  - In-bed sleepers, baby-loungers, Boppy®, DockATot®
  - Avoid sleep in car seats, motion device swings, baby-wearing slings or carriers
  - If the infant has fallen asleep, **move to a safe sleeping space as soon as possible.**

Couch sleeping is  
the most dangerous  
& has 50x  
higher risk of SUID





# Emergency, Short-Term Sleep Surface Alternatives

- In an emergency, when a safe sleep space is **not** available, an alternative device may be used.
- Must have a firm, flat, non-inclined surface with a thin, firm padding. The following may be **used temporarily**.
  - **Box**
  - **Laundry basket**
  - **Dresser drawer**
- Replace with a CPSC-approved surface **ASAP**
- No pillows, loose or soft objects
- Local organizations throughout the United States help provide low-cost or free safe sleep spaces to families in-need.
  - Visit "Find a Crib" by scanning the QR code



# Step 3

## Feed Breast Milk

- Risk of SUID is decreased with feeding **ANY** breast milk for at **least 2 months**. The **most benefit** is achieved with **EXCLUSIVE** breast milk **6-12 months** or beyond if mutually desired by parent & baby. “Breast milk” includes:
  - Direct breastfeeding
  - Expressed or pumped breast milk
  - Safety approved donor milk
- Additional benefits of feeding breast milk:
  - Promotes the infant immune system resulting in decreased risk for diarrhea & infectious disease.
- All families should be counseled on the importance of breast milk consumption. If the parent is **unable or decides not to** feed breast milk, these families should still follow other safe sleep recommendations.
- **Parents of preterm or low birth weight babies should be given additional education and encouragement to promote the benefits of breast milk consumption.**

These babies  
have **higher**  
risk of SUID



# Step 4

## Share the Room Not the Bed

- Babies should **sleep in the parents' room on a separate surface** for at least **6 months**.
- Babies should sleep separate from parents, caregivers, siblings, and pets
- If brought into the adult bed for feeding or comforting, create a temporary **"Safe Feeding & Comforting Zone"** by **remove all soft items** from the area. **Once finished, put baby back** into the separate safe sleep area.
- **Strategies** to avoid accidental surface-sharing:
  - **Set an alarm**
  - **Stimulating activities** (watch TV/stream, read books or tablet, social media, etc.)
- Infants with the highest risk associated with surface-sharing:
  - Preterm or low-birth weight infants
  - Infants of a smoking parent

Surface sharing  
causes **50%** of  
SUID cases



# Share the Room Not the Bed





# Step 5

## Place Baby in a Bare Crib

- **Remove all objects** and soft bedding from baby's sleep space except for a tightly fitted sheet and pacifier.
- Avoid hazards such as dangling cords, electric wires, and window covering cords.
- The sleep space should be free of all items, such as:
  - Mattress toppers
  - Bulky and loose blankets
  - Stuffed animals, toys
  - Baby wipes
  - **Bulb syringe & other medical items unless medically indicated**
- **New law - May 2022:**
  - **Outlaws manufacturing & selling of crib bumpers without mesh and inclined infant sleepers.**





# Place Baby in a Bare Crib



# Step 6

## Sleep with a Pacifier

- Offer a pacifier for every sleep, at **naps** and at **night**.
- If the pacifier falls out during sleep, there is no need to replace it.
- Do not attach the pacifier to clothing or toys
- If the infant refuses the pacifier, offer again at an older age.
- **Breastfeeding infants should delay pacifier use until breastfeeding is firmly established.**
- “Firmly established breastfeeding” is defined as:
  - Sufficient milk supply
  - Consistent, comfortable, and effective latch for milk transfer
  - Appropriate infant weight gain according to medical providers and growth charts.

Decreases risk  
of SUID by  
50%



# Step 7

## Avoid Smoking, Vaping & Impairment

- Avoid exposure to substances that decrease alertness or arousal during pregnancy and after birth.
  - Tobacco smoke and nicotine
  - Alcohol
  - Marijuana
  - Prescription sedating medication- antidepressants, pain medications
  - Illicit drugs
- Tobacco smoke exposure is dose dependent, meaning:
  - More Use → Higher Risk
- **Fatigue and exhaustion is a form of impairment.** This is common for caregivers in the newborn stage and families with little support.

Smoking avoidance while pregnant would decrease the rate of SUID by 1/3





# Step 8

## Dress for Sleep Environment

- Overheated infants have an increased risk for SUID.
- Causes of overheating: excessive clothing, blankets, hat use, and elevated room temperatures.
- Signs of overheating: sweating, flushed skin, or skin hot to touch.
- Babies should only wear hats in the first hours of life until normal body temperature is achieved, if outdoors, or if medically required.
- Baby should only require 1 clothing layer more than an adult.
- If the infant requires additional warmth:
  - #1 Add additional clothing layers
  - #2 Use a wearable blanket
  - #3 Safely swaddle with a blanket, if age appropriate



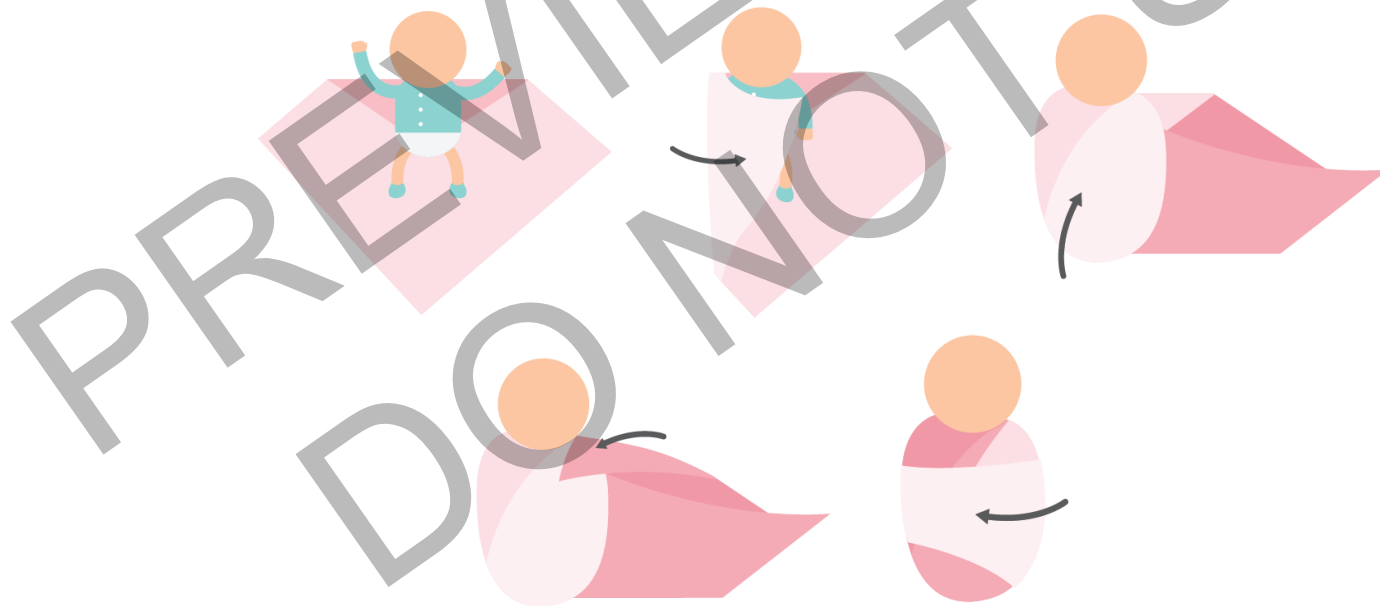
# Dress Baby for Sleep





# Safe Swaddling

- Swaddling or wrapping an infant with a blanket should no longer be used **once they begin to roll**, around 2-4 months.
- It is important to use proper technique:
  - Do not cover the head, swaddle from the **shoulder level down**.
  - Arms may be tucked or untucked and straight or flexed at the elbow for self-soothing and development.
  - Keep blanket firm around the chest but **not too tight to restrict breathing**.
  - Keep blankets **looser around the legs** to avoid injury to hip development.
  - Do not swaddle blankets **too loose**, they may become unwrapped and increase risk for suffocation.



# Step 9

## Keep Up with all Medical Visits & Vaccines

- Infants **receive the recommended immunizations** according to guidelines from the AAP and CDC have a reduced risk of SUID
- Babies of pregnant parents obtaining **regular prenatal care** have lower risk.
- It is important to prioritize the mental health of parents in the post-partum period. **Poor mental health of the caregivers will affect both the parents and baby.** Healthcare team members should offer support and encouragement for parents to seek mental help when needed.
- Parents should seek help from a professional mental health worker when needed
- **Call 988** to reach the National Suicide & Crisis Lifeline available 24 hours.

Vaccinated  
infants have 50%  
decreased risk of  
SUID



# Step 10

## Research Baby Products & Devices

- Retail or medical infant monitoring devices or products are not known to prevent or reduce the risk of SUID.
- Following all AAP practices are the only known way to prevent or reduce risk of death.
- Direct-to-consumer products and devices advertised to reduce the risk of SUID, include:
  - Heart rate & oxygen monitoring devices
  - Special sleep surfaces
  - Breathable mattress
- Medical grade monitors may be ordered by a medical provider to monitor infants.
- Products **may still be used** as long as they follow all other AAP guidelines (firm, flat, non-inclined, etc.)



# Step 11

## Practice Tummy Time

- Tummy Time facilitates healthy infant development and minimizes infant positional flat spots.
- Strengthens neck and shoulder muscles that are used to meet infant physical milestones.
- Safe Tummy Time Tips:
  - Always be supervised
  - Awake & alert infant
  - Begin soon after hospital discharge & increase incrementally to **15–30 min per day by 7 weeks.**
- Tummy Time does not have to be on the floor. Holding and playing with baby counts too.
- Remember: **“Back to sleep, tummy to play.”**
- Infant head-shaping pillows are not FDA approved and should not be used while the infant is alone or sleeping.



# The Magic of TUMMY TIME!!

## Before You Start:

- Baby awake and alert
- Use a firm surface
- Baby should be supervised at all times

## BACK

- Posture strength
- Back strength
- Skeletal alignment

## LEGS

- Helps develop muscles for crawling

## HIPS

- Stretches/develops hips muscles

## TUMMY

- Helps with tummy issues (gas, constipation)

## HANDS

- Formation of hand arches for fine motor skills

## NECK

- Strengthens neck muscles
- Improves head control

## BRAIN

- Sensory integration
- Cognitive development
- Environmental awareness

## HEAD

- Prevents flat head syndrome (plagiocephaly)

## EYES

- Visual motor development
- Depth perception

## ARMS

- Strengthens arms for reaching and crawling

Flat spots develop when infants are on their backs in the same position for long periods of time.

**Tip:**  
Change the direction baby is facing for sleep each week.

## Include in Daily Activities:

- Towel drying after bath
- After diaper changes
- On parent's chest
- Playing "airplane"
- Lotion/Massage
- Mirror play





The American Academy of  
Pediatrics says:

## **Be A Role Model**

“It is essential that physicians  
and nonphysician clinician,  
hospital staff and childcare  
providers endorse and model  
safe sleep guidelines from  
the beginning of pregnancy”

# Step 12

## Spread the Safe Sleep Message

1 in 5 deaths  
occur while in the  
care of someone  
else

- Babies across the nation need our help!
- Medical professionals, caregivers, community members, and parents should feel empowered to spread safe sleep awareness throughout the community to keep babies safe and reduce the 3,500 infants that die every year of SUID.
  - Share with patients, clients, other caregivers such as daycares, grandparents, siblings, babysitters, family, friends & more.
- Request proper education that is thorough, culturally appropriate, nonjudgmental, and provided in the native language (hospital, clinic, classes, online, etc.)
- Request care that incorporates evidence-based practices recommended by the AAP (hospital, clinic, daycare, etc.)
- Request media platforms to promote safe sleep (advertisements, posters, pictures, videos, etc.)
- Encourage parents and caregivers to feel empowered to join the movement and advocate for themselves & their babies.



# Tools to Spread the Safe Sleep Message

## Cribs for Kids Safe Sleep Ambassador

A free, non-clinical online  
Infant Safe Sleep Training



## Cribs for Kids Safe Sleep Academy

A free, Infant Safe Sleep  
educational website for  
parents



## Cribs for Kids Safe Sleep Video Library

A free, library of Infant Safe  
Sleep educational videos for  
parents



➔ **Refer to NICHD caregivers  
and clinical education**

➔ **Get involved with local safe  
sleep events**

- Hospital events
- Community events

➔ **Follow Safe Sleep Social  
Media**

- NICHD Safe Sleep Snap
- Cribs for Kids
- Hospital's webpage & Social  
Media

# Individualized Hospital Community Resources

[List additional local resources for families in your area such as Healthy Start, Healthy Moms Healthy Babies, state and local health departments, Local Cribs for Kids partners, WIC, etc.]

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# Hospital Setting

## What to Do if You Witness Unsafe Sleep

1. If you witness an infant in an unsafe sleep environment or are unsure, notify the primary care provider caring for the patient, such as the RN, IMMEDIATELY.
2. If your role in the hospital allows:
  - Alert the family: “I am going to help create a safe sleeping environment for your baby.”
  - Correct the sleep environment: Move baby to a safe location or remove all objects from bassinet such as loose blankets, toys, alcohol swabs, suction bulb, etc.
  - Place infant on their back in an empty bassinet or crib.
  - Educate the family on safe sleep practices.
  - Notify the primary RN caring for the patient what you observed, and actions taken.





# Hospital Setting

## Special Considerations in the Hospital

- In some hospital units, you may see babies in positions considered not safe to sleep but are medically indicated.
- While the infant is “skin to skin” with a caregiver:
  - Caregivers must always be **awake & alert**
  - Infant’s face should be visible, in the “sniffing position”
- In **high-risk** units:
  - The head of the crib may be elevated
  - Monitored infants may be placed on their tummy
  - Use of positioners in the crib
- **End-of-life care** is the only exception for infants to surface-share with a caregiver.
- All infants must be transitioned to the Home Sleep Environment (HSE) and practicing the 12 Steps of Safe Sleep before discharge.



# Individualized Hospital Procedure

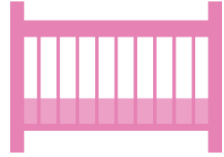
[List additional details regarding your hospital procedure and what is expected of employees when unsafe sleep is observed.]

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# Summary – 12 Months of Safe Sleep



**Step 1:**  
Back to Sleep for  
Every Sleep



**Step 2:**  
Firm, Flat,  
Non-Inclined, Safe  
Sleep Surface



**Step 3:**  
Feed Breastmilk



**Step 4:**  
Share the Room  
Not the Bed



**Step 5:**  
Place Baby in a  
Bare Crib



**Step 6:**  
Sleep with a  
Pacifier



**Step 7:**  
Avoid Smoking,  
Vaping  
& Impairment



**Step 8:**  
Dress Baby for  
Sleep Environment  
& Safely Swaddle



**Step 9:**  
Keep Up with  
Regular Medical  
Visits and Vaccines



**Step 10:**  
Research Baby  
Products & Devices



**Step 11:**  
Practice Tummy  
Time



**Step 12:**  
Spread the Safe  
Sleep Message

# Congratulations!

**The Cribs for Kids Hospital-Wide Infant Safe Sleep Training is complete. Make a difference in your community by recognizing and promoting best practices inside and outside of the hospital.**



*Help support Cribs for Kids' mission to help every baby sleep safer at [www.cribsforkids.org](http://www.cribsforkids.org) or purchase safe sleep products at [www.ettecetera.com](http://www.ettecetera.com).*

