

SAFESLEEP

- M A I N E -

WHAT HOME VISITORS NEED TO KNOW ABOUT SAFE SLEEP



ALONE

Share the room,
not the bed



BACK

On their back
for nights and naps



CRIB

Clean, clear crib



DANGER

Be aware, know the
dangers beyond the crib

When your work with families includes visiting in the home, the Home Visitor has a unique opportunity to help families minimize the risk of Sudden Infant Death Syndrome (SIDS) for their baby. Unlike other providers, you are in the home and can see where the infant is sleeping and under what conditions. You can easily teach your families about the ABCs of Safe Sleep.

Before the baby is born, discuss the ABCs of Safe Sleep with families so they can prepare, find an appropriate crib, and not waste money on items that are not recommended for safe sleep. After the baby is born, you should ask to see where the baby sleeps and be sure it is appropriate (see handout: "What Does Safe Sleep Look Like"). The baby should have their own bed (crib, bassinet, or portable playard) that is in good shape. Be sure the family is putting the baby down to sleep on their back in a clean, clear crib. For free handouts to provide to the family to reinforce safe sleep messages, go to SafeSleepforME.org, or safetosleep.nichd.nih.gov.

WHY IS SAFE SLEEP IMPORTANT?

Sleep-related deaths are the major cause of death in infants between 1 month to 1 year of age. Most of these deaths involve an unsafe sleeping environment.

Over half of these are sharing a bed with an adult, and others are sleeping in something not designed for infant sleep (soft, recliner, swing, etc.). A baby is far more likely to die from unsafe sleep than from a motor vehicle collision.

Visit SafeSleepForME.org for more information



RECOMMENDATIONS FOR SAFE SLEEP

- Babies need their own Safe Sleep Space. A crib, bassinet or portable playard with a firm, flat mattress (one designed for that device) and a snug fitting crib sheet, without any added soft bedding such as blankets, pillows, bumper pads, or toys.
- Babies should always sleep alone. Babies should sleep close to their parents by sharing a room, but not the bed. Sharing a bed with a sleeping adult puts the baby at a risk for suffocation or overlay.
- Babies should always sleep on their back for every sleep period, both nights and naps.
- Babies should use a footed sleeper, infant sleep sack or gown for added warmth if needed.
- Drinking and drug use (even some prescription drugs) impair one's ability to care for a baby, making bed-sharing and other unsafe sleep even more dangerous for the baby. Be sure families where there is substance abuse are counseled to always follow the ABCs.
- Babies need "Tummy Time" every day, while they are awake and an adult is watching them. This helps with muscle development when awake, not for sleep!

THINGS FOR FAMILIES TO AVOID

- Babies should not sleep in car seats, swings, infant seats or other items not designed for infant sleep.
- The baby's crib should not have bumper pads, blankets, pillows, toys, or other items in the crib. These things are hazards and increase the risk of suffocation.
- An adult bed is never a safe place for an infant to sleep. Neither on a couch, recliner, or chair, with or without another person.
- Babies should NOT be placed on their side or stomach to sleep. This has been proven to be very dangerous and raises the likelihood of SIDS.
- Babies should never be around cigarette smoke, including e-cigarettes and vaping devices.
- Avoid overheating the baby. If the caregiver is comfortable, baby needs no more than one layer more than the adults in the room.
- Never have the baby share a bed with another adult or child. Especially someone who has been using alcohol or drugs, even if the drugs are by prescription.

Be sure the families you work with have a safe sleep space for their baby—and that they use it correctly. Baby should always sleep alone, on their back, and in a clean, clear crib (bassinet or portable playard). The only thing that can be in the bed with the baby is a pacifier (after breastfeeding is established).

OTHER RESOURCES

If families you work with don't have a crib or other Safe Sleep Space, you can check with the nearest Cribs for Kids program at cribsforkids.org/our-partners.

Visit SafeSleepForME.org for more information

