



MISSOURI DEPARTMENT OF  
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# **Safe Cribs Coordinator Education**

Safe Cribs for Missouri Program  
Bureau of Genetics and Healthy Childhood

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# Agenda

## Safe Sleep Coordinator Training

- Safe Cribs for Missouri Program
- Safe Sleep Terms and Definitions
- Missouri Infant Statistics
- ABC's of Safe Sleep
- Back to Sleep
- Sleep Position and Choking Risk
- Sleep Surface
- Other Recommendations
- Room-Sharing
- Avoiding Common Risks for Infant Health and Safety
- Prevention
- Barriers
- Addressing Barriers
- AAP Recommendations
- Resources
- Questions?

# Safe Cribs for Missouri Program



- ▶ Provides portable cribs and safe sleep education to low-income families.
- ▶ Implemented through Local Public Health Agencies and other partnering agencies.
- ▶ Funded by the Maternal Child Health Services Block Grant (Title V).



# Electronic Database



- ▶ REDCap
  - ▶ Referral
  - ▶ Agreement for Referral
  - ▶ Initial Education
  - ▶ Follow-up education





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# Safe Sleep Terms



- ▶ SUID – Sudden Unexpected Infant Death
- ▶ SIDS - Sudden Infant Death Syndrome
- ▶ ASSB – Accidental Strangulation or Suffocation in Bed
- ▶ AAP – American Academy of Pediatrics



# Sudden Unexpected Infant Death (SUID)



- ▶ Death of an infant younger than one year of age that occurs suddenly and unexpectedly. After a full investigation, these deaths may be diagnosed as:
  - **Suffocation**
  - **SIDS**
  - **Entrapment**
  - **Ingestion**
  - **Infection**
  - **Metabolic disease**
  - **Cardiac arrhythmia**
  - **Trauma**

# Sudden Infant Death Syndrome (SIDS)



- ▶ Sudden, unexplained death of an apparently healthy infant younger than one year of age.
- ▶ Cause remains unknown after a thorough
  - Scene investigation
  - Review of social history
  - Review of clinical history
  - Autopsy

# Accidental Suffocation or Strangulation in Bed (ASSB)



- ▶ Cause-of-death code used for vital statistics purposes.
- ▶ Identifies infant deaths caused by suffocation or asphyxia (blockage of the infant's airway) in a sleeping environment.
  - Suffocation by soft bedding
  - Overlay
  - Wedging or entrapment
  - Strangulation

# Missouri Infant Statistics



- ▶ In 2023, of all infants who died from non-medical causes, 82% were related to the infant's sleep environment.
- ▶ Another way to look at it, is that we are losing one infant every two and a half days to deaths that could have been prevented.
- ▶ There were 89 infant deaths marked as sleep-related in 2023.



\*\*The Missouri Child Fatality Review Program, 2023 Annual Report

# ABC's of Safe Sleep



Image credit: Arizona Department of Health

# ABC's of Safe Sleep



This is What  
a Safe Sleep  
Environment  
Looks Like



# ABC's of Safe Sleep



And This...



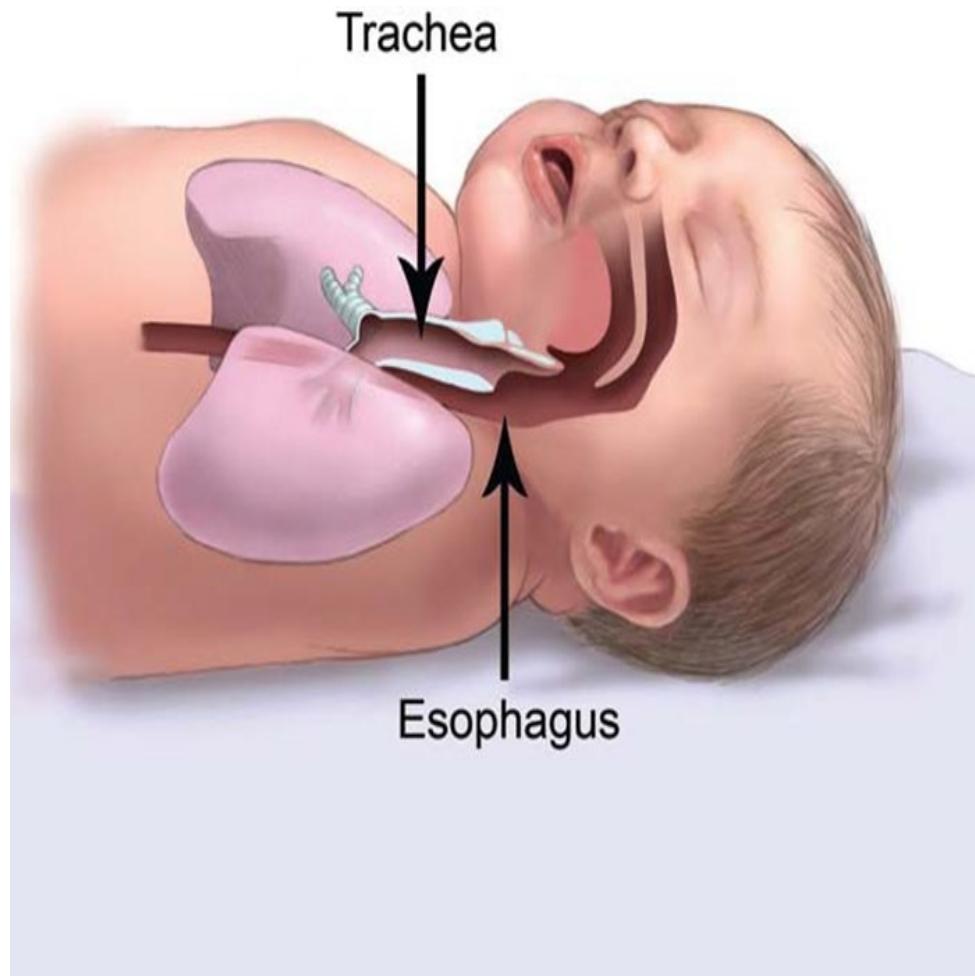


# Back to sleep for naps and at night.

[Ways to Reduce Baby's Risk | Safe to Sleep®](#)

- ▶ Place all babies – including those born preterm and those with reflux – on their backs to sleep until they are one year old.
- ▶ It is not safe to place babies on their sides or stomachs to sleep, not even for a nap. The safest sleep position is on the back.
- ▶ Babies who sleep on their backs are at lower risk for SIDS than babies who sleep on their stomachs or sides.
- ▶ If a baby usually sleeps on their back, putting them on their stomach or side to sleep occasionally, such as for a nap or during illness, increases the risk for SIDS by up to 45 times.
- ▶ Once babies can roll from back to stomach and from stomach to back on their own, you can leave them in the position they choose after starting sleep on their back. If they can only roll one way on their own, you can reposition them to their back if they roll onto their stomach during sleep.

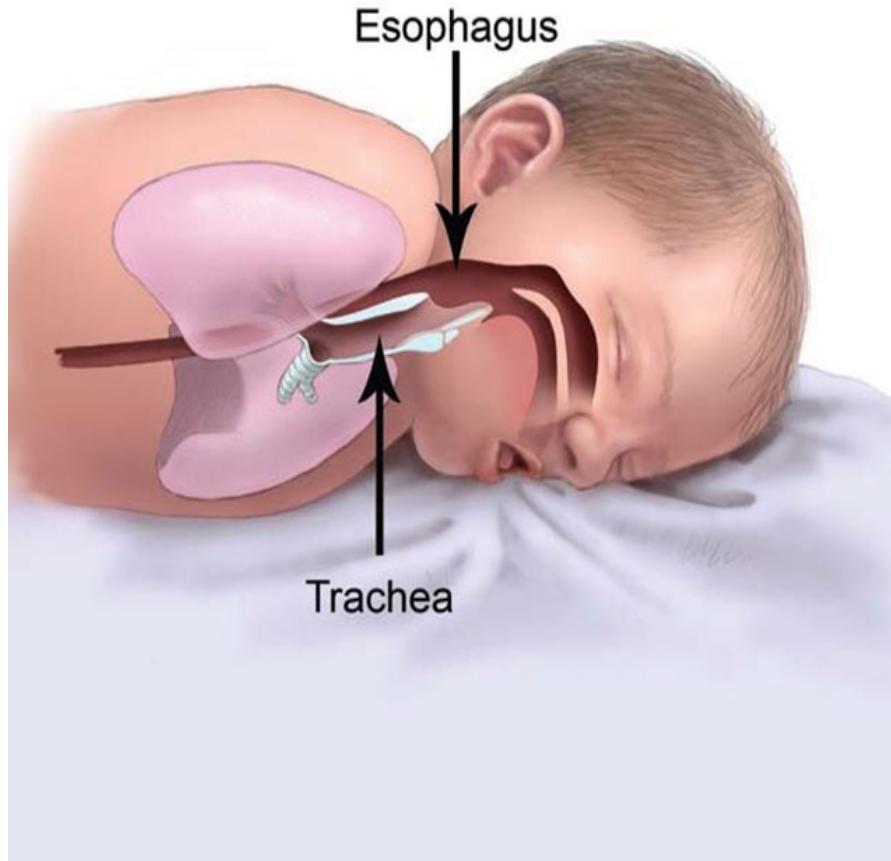
# Sleep Position and Choking Risk



**Baby on Back CORRECT**

If this baby vomits or spits up, gravity might keep food from going into the windpipe (trachea), making it less likely for the baby to aspirate or choke.

# Sleep Position and Choking Risk



**Baby on Stomach  
INCORRECT**

If this baby vomits or spits up, gravity might pull food down into the windpipe (trachea), causing the baby to aspirate or choke.



# Use a Sleep Surface for baby that is:

- ▶ Firm – returns to its original shape quickly if pressed on
- ▶ Flat – like a table, not a hammock
- ▶ Level – not at an angle or incline
- ▶ Covered only with a fitted sheet.

[Cribs | CPSC.gov](#)

[Ways to Reduce Baby's Risk | Safe to Sleep®](#)

[What Are Other Sleep-Related Infant Deaths? | Safe to Sleep®](#)

[Tips for Safe & Stress-Free Family Travel - HealthyChildren.org](#)

# Fitted Sheet Only



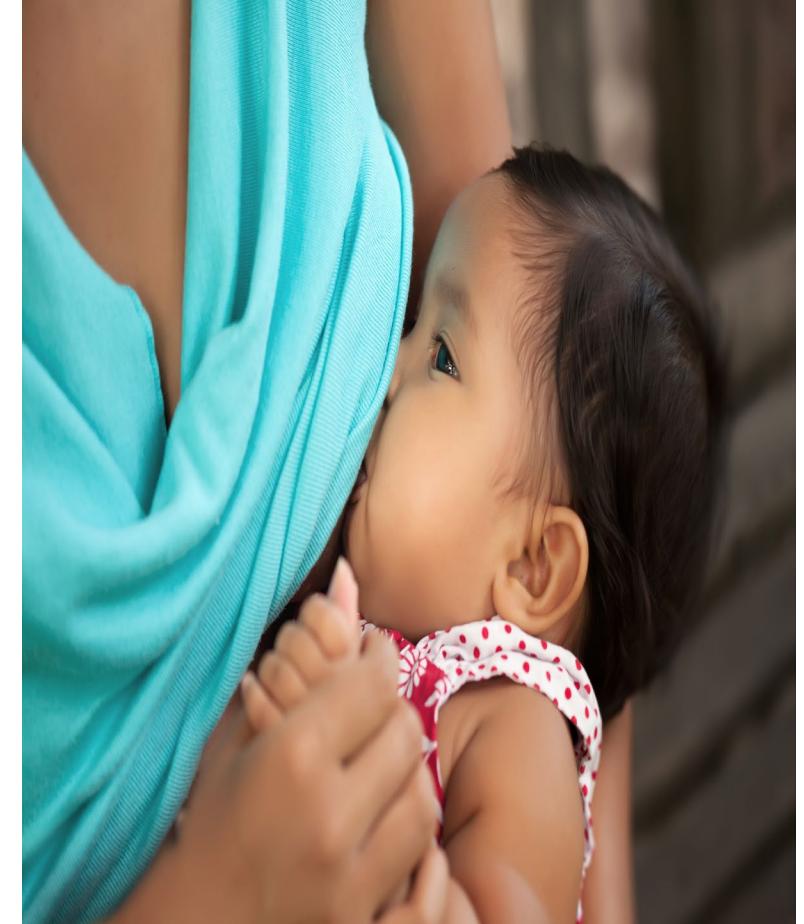
- ▶ Nothing in the crib except the baby and a fitted sheet.
- ▶ Blankets and soft objects can cause suffocation.



# Other Recommendations



- Feed your baby human milk through breastfeeding or by bottle. [Breastfeeding & Safe Sleep | Safe to Sleep®](#)
- Offer the baby a pacifier for naps and at night once they are feeding well. [Ways to Reduce Baby's Risk | Safe to Sleep®](#)



# Share a room with baby



- ▶ Reduces the risk of SIDS by up to 50%.



# Prevent Overheating: A Key to Safe Sleep



- ▶ Dress the baby in clothes suitable for the temperature of the room.
- ▶ Take off the baby's hat when inside.
- ▶ Watch for signs that the baby is too hot:
  - ▶ Sweating
  - ▶ Flushing/red or hot skin
  - ▶ Chest feeling hot to the touch
- ▶ Dress baby in a wearable blanket or an extra layer of clothing.
- ▶ Do not leave baby alone in a vehicle, no matter the temperature outside.



# Healthy Air for You and Your Baby

- ▶ Using tobacco products during pregnancy greatly increases the baby's risk of SIDS.
- ▶ Secondhand smoke in a baby's home, the car, or other spaces where the baby spends time also increases the risk of SIDS and other health problems.



# Healthy Choices for You and Your Baby

- ▶ Research shows that drug and alcohol use – during pregnancy and by infant caregivers – increases the risk of SIDS.
- ▶ Sharing an adult bed with a baby when using drugs or alcohol also increases the baby's risk of injury and death.



# Things to Avoid:

- ▶ Avoid products and devices that go against safe sleep guidance, especially those that claim to prevent SIDS and other sleep-related infant deaths.
- ▶ Avoid using heart, breathing, motion, or other monitors to reduce the risk of SIDS.
- ▶ Avoid swaddling once the baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.

[https://www.cpsc.gov/  
Ways to Reduce Baby's Risk | Safe to Sleep®](https://www.cpsc.gov/Ways-to-Reduce-Baby's-Risk-Safe-to-Sleep-)

# Prevention:



- ▶ Get regular medical care throughout pregnancy.
- ▶ Follow your health care provider's advice on vaccines, checkups, and other health issues for the baby.

[Ways to Reduce Baby's Risk | Safe](#)

- ▶ Give babies plenty of “tummy time” when they are awake, and someone is watching them.

[Back to Sleep, Tummy to Play - HealthyChildren.org](#)



# Barriers to Safe Sleep



- ▶ Lack of awareness
- ▶ Fear of choking or aspiration
- ▶ Family or peer advice
- ▶ Parental exhaustion and stress
- ▶ Perceived convenience and safety
- ▶ Conflicting information and cultural norms

# Addressing Barriers



- ▶ Show understanding and offer solutions.
- ▶ Remember, parents want to know why.
- ▶ Comfort is important, but safety is more important.
- ▶ You can bond with your baby while they are awake.
- ▶ Breastfeeding can still be convenient with the portable crib next to your bed.
- ▶ Health and safety information is ever-changing.
- ▶ We are always learning from new research.
- ▶ When we know better, we do better.



# AAP Safe Sleep Recommendations

American Academy of Pediatrics (AAP)  
***Sleep-Related Infant Deaths: Updated 2022  
Recommendations for Reducing Infant Deaths  
in the Sleep Environment.***

Visit <https://www.aap.org/en/patient-care/safe-sleep/>

# Resources for Safe Sleep



For more information you can visit:

- ▶ [Planning a Safe Place for Your Baby to Sleep | Health & Senior Services](#)
- ▶ [Newborn Health | Health & Senior Services](#)
- ▶ [Safe Sleep Missouri](#)
- ▶ [Homepage | Safe to Sleep](#)
- ▶ [TEL-LINK | Health & Senior Services](#)
- ▶ [ParentLink](#)
- ▶ [Literature Order Form - Children's Trust Fund](#)



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# QUESTIONS?



[SafeCribs@health.mo.gov](mailto:SafeCribs@health.mo.gov)



Telephone: 573-751-6266  
or (toll-free) 800-877-6246



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