



# SAFE SLEEP

## Safe Sleep Act

- <http://michigan.gov/snyder/0,4668,7-277-57577-328386--,00.html>
- House Bill 4962, sponsored by state House Health Policy Committee Chair Gail Haines, requires hospitals and health professionals to provide parents readily available information and educational materials regarding infant safe sleep practices following the birth of a child. The materials must also explain the risks associated with unsafe sleep environments.
- The bill is now Public Act 122 of 2014

## Web Based Safe Sleep Course - <https://courses.mihealth.org/PUBLIC/cm0682/home.html>

- For more information, call Debra Darling (517) 432-9822 or Rosemary Fournier (517) 335-8416.
- Registered nurses who successfully complete the Safe Sleep Course and submit an evaluation will receive .50 nursing continuing education contact hours through MSU, an approved provider of continuing education by the Michigan Nurses Association.



~ For more information, contact Amy Zarend, Great Start Collaborative Director at: [amy.zarend@monroeisd.us](mailto:amy.zarend@monroeisd.us) or (734) 242-5799 ext: 1928 – direct line, ext: 1826 – voice mail ~

### Questions to ask....

\*Where does the baby usually sleep?

\*How do you most often lay your baby down to sleep? Back, Side, Stomach

\*How often does your baby sleep in a bed with you or someone else?

\*Do you have a crib for your baby?

If not: give info on Free Bed Ministry

\*\*\*(734) 242-1545

### **LISTED BELOW ARE THE STRATEGIES/INTERVENTIONS RECOMMENDED BY THE AMERICAN ACADEMY OF PEDIATRICS (AAP):**

-Baby sleeps **by him or herself** in a crib, portable crib, or bassinet.

-Baby is always placed **on his or her back** to sleep

-Baby's sleep area is free of blankets, comforters, stuffed animals, crib bumpers, wedges and other soft items

-Baby's **face is kept uncovered** during sleep for easy breathing

-Baby sleeps, plays, and lives in a **smoke-free environment**

-Baby is not dressed too warmly to prevent overheating

-Baby sleeps on a firm mattress with a tightly fitted sheet

### **FACTS ABOUT INFANT SLEEP POSITIONS**

- Babies should be placed on their backs for both nighttime sleeping and for naps.
- Babies placed on their sides for sleeping can roll onto their stomachs, increasing their risk of suffocation while sleeping.
- Babies placed to sleep on their backs are not at an increased risk of choking. Babies naturally swallow or cough up fluids.
- Babies are less likely to re-breathe air during sleep while on their backs. There is more air space around baby's nose and mouth.

*Source: Tomorrow's Child, Infant Safe Sleep Community Toolkit. 2006*

***"Many infant deaths that would have been called SIDS a decade ago are now labeled unsafe sleeping conditions."<sup>6</sup> SIDS is the only cause of infant mortality that has seen a significant decrease over the last decade both in Michigan and across the US. This reduction in infant mortality is credited, in part, to the Back to Sleep campaign and an increased recognition of unsafe sleep conditions.<sup>7</sup> The decrease in SIDS deaths may also be explained by an increase in other death causes and a shift in diagnostic coding (i.e. asphyxia/suffocation, undetermined).***

***"Infant Safe Sleep: Report of the 2004 Safe Sleep Work Group." Michigan Department of Community Health, Division of Family & Community Health. December, 2004. December, 2004. Page 3.***

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## **HEALTHCARE PROVIDERS CAN PROMOTE INFANT SAFE SLEEP PRACTICES BY:**

- 1) Using the Infant Safe Sleep Materials.
- 2) Including Infant Safe Sleep brochures and other health promotion items with distributed patient education materials or displays in waiting areas and exam rooms.
- 3) Displaying posters listing the seven Infant Safe Sleep practices in your waiting areas.
- 4) Using crib displays in your waiting area and patient education materials to demonstrate correct safe sleep practices.
- 5) Obtaining the Infant Safe Sleep video and playing it in your waiting room. There are many excellent DVD's and video resources.
- 6) Adopting and enforcing an Infant Safe Sleep policy for your practice. Include it as a part of anticipatory developmental guidance at all well-child check-ups.
- 7) Training staff on the practice's Infant Safe Sleep policy and Infant Safe Sleep practices.
- 8) ***Discussing infant safe sleep practices with all patients and caregivers.***
- 9) Supporting or hosting a baby shower at your practice or in the community where your practice is located.

[http://www.michigan.gov/dhs/0,1607,7-124-5452\\_7124\\_57836-170090--,00.html](http://www.michigan.gov/dhs/0,1607,7-124-5452_7124_57836-170090--,00.html)

*Source: Tomorrow's Child, 2006 Infant Safe Sleep Community Toolkit.*

## **TOOLS FOR THE OFFICE/CLINIC**

There are many tools available to assist an office/clinic in discussing safe sleep practices and offering guidance to parents/caregivers.

- Health Maintenance Exam (HME) forms
  - Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents
    - <http://www.brightfutures.org/TipSheets/>
  - American Academy of Pediatrics
  - Initial and Interval History
  - Healthy and Safe Habits Regarding Injury Prevention
  - Centers for Disease Control

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