**Sudden Infant Death Syndrome (SIDS) Awareness**

In the US there are more than 3,500 sleep related deaths each year, Sudden Infant Death Syndrome (SIDS), accidental suffocation and deaths from unknown causes. SIDS is the abbreviation for Sudden Infant Death Syndrome. SIDS is defined as the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including an autopsy, examination of the death scene and a review of clinical history. The cause of SIDS is unknown, but researchers believe that SIDS is associated with problems in the ability of the baby to arouse from sleep, to detect low levels of oxygen, or a build up of carbon dioxide in the blood.

The Triple Risk Model explains how SIDS might occur. The Triple Risk Model states that SIDS occurs when three conditions exist simultaneously: the infant has an underlying brainstem abnormality that makes them unable to respond to low oxygen of high carbon dioxide blood levels, the infant is exposed to a triggering event such as sleeping face down on its tummy, these events occur during a vulnerable stage in the infant’s development (the first 6 months of life).

Risk factors - SIDS can happen to any baby but there are some known risk factors of SIDS. Gender - Boys are slightly more likely to die of SIDS. Age-Infants are most vulnerable between the second and fourth months of life. Race- For reasons that aren't well-understood, nonwhite infants are more likely to develop SIDS. Family history- Babies who have had siblings or cousins die of SIDS are at higher risk of SIDS. Secondhand smoke- Babies who live with smokers have a higher risk of SIDS. Being premature- Both being born early and having a low birth weight increase your baby's chances of SIDS.

Reducing SIDS risk - When an infant dies in their sleep, it is only after an investigation of the death scene, an autopsy and review of clinical history if no cause of death is determined, the death would be determined to be SIDS. Even though the cause of SIDS is still unknown, what is known are ways to reduce the risk of SIDS and accidental suffocations.

* Placing your baby on their back to sleep rather than their stomach or side is the most known way to prevent SIDS.
* Keep the crib as bare as possible- Use a firm Mattress, do not use blankets in the crib, and remove all other objects such as baby wipes, stuffed animals, bumper pads, pillows or sleep positioners from the crib.
* Share a room- Ideally your baby should sleep alone in their own crib, in the parents bedroom.
* Offer a Pacifier – Sucking on a pacifier at naptime and bedtime might reduce the risk of SIDS. If they baby is not interested in the pacifier, that is ok, don’t force them to take it.
* No hats – Do not leave hats on the babies’ head while they are sleeping. Hats keep the baby to warm while they sleep. If you are worried about them getting cold at night use a wearable blanket to keep them warm.
* **Use caution when a product claims to reduce the risk of SIDS.** Wedges, positioners, special mattresses and specialized sleep surfaces have not been shown to reduce the risk of SIDS, according to the AAP.
* **Do not rely on home heart or breathing monitors to reduce the risk of SIDS.** If you have questions about using these monitors for other health conditions, talk with your pediatrician.
* **There isn't enough research on bedside or in-bed sleepers.** The AAP can't recommend for or against these products because there have been no studies that have looked at their effect on SIDS or if they increase the risk of injury and death from suffocation.

**Between Families Newsletters**

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**June 2021**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PLEASE COMPLETE THE FOLLOWING QUESTIONAIRRE FOR ½ HOUR CREDIT AND SUBMIT TO YOUR ASSIGNED FOSTER CARE WORKER**

**Questions:**

1. SIDS is the abbreviation for?

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1. True or False:

The cause of SIDS is unknown, but researchers believe that SIDS is associated with problems in the ability of the baby to arouse from sleep, to detect low levels of oxygen, or a build up of carbon dioxide in the blood

1. List two risk factors of SIDS:

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1. True or False:

Babies who live with smokers have a higher risk of SIDS

1. List three items that should NOT be in the baby’s crib

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1. (Fill in the blank) Ideally your baby should sleep in their own in the parents bedroom.
2. True or False: Sucking on a pacifier at naptime and bedtime might reduce the risk of SIDS.
3. True or False: Placing your baby on their back to sleep rather than their stomach or side is the best way to prevent SIDS.
4. What is most known way to prevent SIDS?

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1. True or False: Wedges, positioners, special mattresses and specialized sleep surfaces have not been shown to reduce the risk of SIDS, according to the AAP