

Jessica Redden, RN
Child Care Nurse Consultant
Scott County Health Department
600 W 4th Street
Davenport, IA 52801
563-326-8618 Ext. 8821
jessica.redden@scottcountyiowa.com



Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.



www.earlychildhoodiowa.org

The Child Care Nurse Consultant Program is funded by



Quality Care For Kids

A newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN BSN

OCTOBER 2019

Safe Sleep

According to the American Academy of Pediatrics, more than 3,500 babies will die each year in the United States due to sleep-related accidents, including SIDS and accidental sleep-related strangulations and/or suffocation. SIDS is the sudden, unexplained death of an infant under 1 year of age and is the leading cause of death for infants.

Research has shown that following the recommendations set forth by the American Academy of Pediatrics (AAP) helps to reduce and prevent the risk of infant sleep-related deaths.

These recommendations include:

- ◆ All infants should be placed on their back to sleep. This includes all naps and bedtime.
- ◆ Use a firm sleep surface. Car seats and other baby containers are not for sleep.
- ◆ Use a crib, bassinet, portable crib, or play yard that meets the safety standards of the Consumer Product Safety Commission along with a tight-fitting, firm mattress and fitted sheet designed for that particular product.
- ◆ Keep soft objects or loose bedding out of sleeping area. This includes pillows, blankets, toys and stuffed animals.
- ◆ No blanket to sleep. Use alternative sleeping clothing including sleep sacks that do not swaddle.
- ◆ Avoid use of positioners, wedges and monitors.
- ◆ No swaddling in child care.
- ◆ Offer a pacifier at nap time and bed time—if parent/s allow.

- ◆ Sleeping infants shall be actively observed by sight and sound.
- ◆ One infant per crib.

While we cannot eliminate SIDS completely, these prevention measures can help to reduce the risk.

As child care providers you can help to promote these measures by discussing them with parents upon enrollment of an infant and when reviewing your "Safe Sleep Policy". Your safe sleep policy should include the AAP guidelines, Department of Human Services child care regulatory requirements, as well as information about what is required for an alternative sleep position due to a medical reason which includes a signed, written note from the infant's physician.

For more information on infant safe sleep go to Safe To Sleep® at <https://safetosleep.nichd.nih.gov/> or to the Iowa SIDS Foundation Child Care section at <https://www.iowasids.org/index.php/en/child-care/child-care1>

For assistance with your Safe Sleep Policy, contact your local child care nurse consultant. Visit the Healthy Child Care Iowa website at <https://www.idph.iowa.gov/hcci>

The best way to protect yourself from getting influenza this season is by getting vaccinated. Have you gotten your flu shot yet?