

# Quality Care For Kids Newsletter

October 2025 | Infant Safe Sleep

Written by Casey Manser, MS, CCLS, Iowa SIDS Foundation Executive Director

Every professional and caregiver should know, promote, and follow the American Academy of Pediatrics (AAP) safe sleep recommendations with every baby to help reduce the risk of Sudden Infant Death Syndrome (SIDS) and prevent accidental sleep-related deaths.

## Infants should always be sleeping:

- **ALONE** without blankets, pillows, toys, other infants or caregivers.
- On their **BACK** completely flat on a firm, non-inclined surface.
- In a **CRIB**, pack n play or bassinet that meets current safety standards.



These “ABC” recommendations from the AAP have been around since the mid-90s, but additional recommendations have been added to include specific guidance on infant products.

There are many products marketed to help with the stressors of caregiving and promise infant safety but, what really is safe? Some popular infant products that are not safe or recommended for infant sleep include wearable monitors, weighed sleep sacks and nursing pillows. The Iowa Child Death Review Team 2024-2025 Annual Report states that 20% of infant deaths in the state of Iowa involved a nursing pillow. Nursing pillows should not be used during sleep, in an infant space to prop a baby or used for activities like tummy time.

It is important for caregivers to remember any product can become unsafe when it is used outside of its intended manufactured purpose. Nursing pillows should not be used during sleep, in an infant space to prop a baby or used for activities like tummy time. The manufactured purpose of a nursing pillow is to support a caregiver during feeding an infant, using a nursing pillow for any activity outside of this scope would be dangerous.

Remember, sleep-related accidents can happen any time during sleep, including naps and nighttime, and can occur in infant homes and child care settings. Safe sleep is everyone’s responsibility.

It is important to keep infants safe during all sleep times, promote breastfeeding, pacifier use and engage in tummy time when infants are awake and directly supervised.



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>

For specific questions about safe sleep contact the Iowa SIDS Foundation at [info@iowasids.org](mailto:info@iowasids.org)  
<https://iowasids.org/>



**CCNC Contact:**  
Jessica Redden, RN  
Scott County Health  
Department  
P. 563.326.8618 ext. 8821  
E. [jessica.redden@scottcountyiowa.gov](mailto:jessica.redden@scottcountyiowa.gov)



**Health and  
Human Services**