Sudden Infant Death Syndrome (SIDS)

May 2016
What is SIDS?

- Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant under 1 year of age.
- Most likely to occur in infants between two and four month olds; 91% occur between 1 and 6 months of age.
- It does not have any symptoms and can occur unexpectedly.
- Nationally, SIDS is the #1 leading cause of infant death for infants between 1 month and 1 year old.
Myths about SIDS

- SIDS is not caused by spitting up, choking or illnesses such as the cold
- SIDS is not caused by immunizations
- SIDS is not the cause of every sudden or unexpected infant death
- SIDS is not child abuse or neglect
- SIDS, or “crib death” is not caused by cribs
- Apnea monitors will not prevent SIDS
What Causes SIDS?

Triple Risk Model

- Vulnerable Infant
- Critical Developmental Period
- Outside Stressor(s)

SIDS
RISK FACTORS FOR SIDS

- Tummy or side sleeping
- Bed sharing
- Soft/Loose bedding
- Smoking
- Preterm and low birth weight infants
- Overheating
The Back to Sleep Campaign

SIDS Rate and Back Sleeping (1988 – 2006)

SIDS Rate Source: CDC, National Center for Health Statistics,
Sleep Position Data: NICHD, National Infant Sleep Position Study.
SIDS in Solano County

- African American infants are 2.1 times more likely to die from SIDS than White infants.

- In Solano County there were 7 sleep-related deaths in 2014 (3 African-American) and 5 sleep-related deaths in 2015 (2 African-American).
Solano County Sleep-Related Infant Deaths from 2005-2013
ABC’s of Safe Sleeping

- Alone
- On the Back
- In a Crib
Sleep Position

- Babies sleeping on their tummies sleep longer and deeper.
- Sleeping too deeply may be dangerous.
- Babies also startle more easily when on their back – this startle reflex is also protective.
- A baby who wakes up frequently is not a “bad” sleeper.
What about Co-Sleeping?

- Share a room but **not** a bed
Safe Sleep Environments

- Firm, flat bedding
- No pillows, toys or stuffed animals, pets, etc.
- Smoke free environment
- Baby’s face should be uncovered
- Never overdress the baby
NOT a Safe Sleep Environment
Especially Risky Behaviors

- When parent smokes
- When parent uses alcohol, drugs or medications
- When infant < 3 months
- On waterbeds, sofas, armchairs
- With soft bedding, pillows, blankets
- With multiple people in the bed
Other Recommendations

- Promote breastfeeding – it is protective against SIDS
- Keep the room at a comfortable temperature; use sleep sacks instead of blankets.
- When awake give baby supervised tummy time to strengthen muscles
Support From Grandparents

- New parents look for information and guidance from their parents
- Some grandparents are not aware that guidelines have changed since their children were babies
- Babies who normally sleep on their backs and are then placed in the unfamiliar stomach-sleeping position are at greater risk
What We Are Doing

- New SIDS materials
- Outreach at health fairs and community events
- Presentations and trainings
- Newsletters and articles
- New policies for home visitors
- Training for prenatal care sites
- Education for child care providers
What You Can Do

- Support breastfeeding
- Ask clients about where their baby sleeps
- Model a safe sleep environment
- Provide SIDS education materials
- Be aware of grief and bereavement resources
Additional Resources

• California SIDS Program: http://californiasids.cdph.ca.gov/Universal/HomePage.html

• Back to Sleep Campaign: www.nichd.nih.gov/sids
For More Information

For more information about SIDS please contact:

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