

Infant Safe Sleep Special Edition



THE
CHILD ADVOCACY CENTER
OF NIAGARA
A Service of Niagara Falls Memorial Medical Center

October is Safe Sleep Awareness Month!

The prevalence of deaths involving infants in unsafe sleep conditions prompted the Niagara County Child Fatality Review Team to conduct an in-depth analysis of unsafe sleep related deaths over a three-year period (2020-2022). A number of trends were identified.

- 90% involved unrecommended sleep surfaces (car seat, swing, adult bed, couch, etc.)
- 60% involved bed sharing (sleeping with another child or adult)
- 33% involved parental use of drugs or alcohol (at time of death)
- 22% occurred outside of the child's primary residence (while in care of family, babysitter, etc.)

The Niagara County Child Fatality Review Team and the Child Advocacy Center of Niagara will be offering free virtual or in-person educational trainings/events throughout October. We are also interested in partnering with local agencies to discuss collaborations related to safe sleep education and messaging.

Help us spread the message and keep our community educated on the safest sleeping environments and practices for infants under the age of one.

Our goal is to increase awareness of safe sleep practices. Our hope is that doing so will reduce deaths across Niagara County.

What's in this Edition?

- Community Training Info
- Updated ABCS of Safe Sleep
- Smoking Cession Info
- Tips to Share with Caregivers
- Great Resources from First Candle
- Overcoming Barriers to Safe Sleep
- Cribs for Kids
- Support for Caregivers
- Recent Recalls

INFANT SAFE SLEEP

Free Training for October Safe Sleep Awareness Month!

- ✓ Caregivers
- ✓ Grandparents
- ✓ Babysitters
- ✓ Organization staff who work with caregivers

One hour training!

Training includes



- What is a Safe Sleep environment
- Sleep environments that increase risk and why
- Tips for new mothers and caregivers
- Barriers to safe sleep environments
- How community members can make a difference
- Cribs for Kids Program



To schedule a training, please email or call:

Marissa Virtuoso
Education and Outreach Coordinator
Child Advocacy Center of Niagara
716.285.0045
marissa.virtuoso@nfmmc.org

For more information about the Child Advocacy Center, visit our website: cacofniagara.org

@CACofNiagara @CACNiagara



**THE
CHILD ADVOCACY CENTER
OF NIAGARA**

A Service of Niagara Falls Memorial Medical Center

Additional trainings available and can be tailored to your agency's need.

ABCS of Safe Sleep

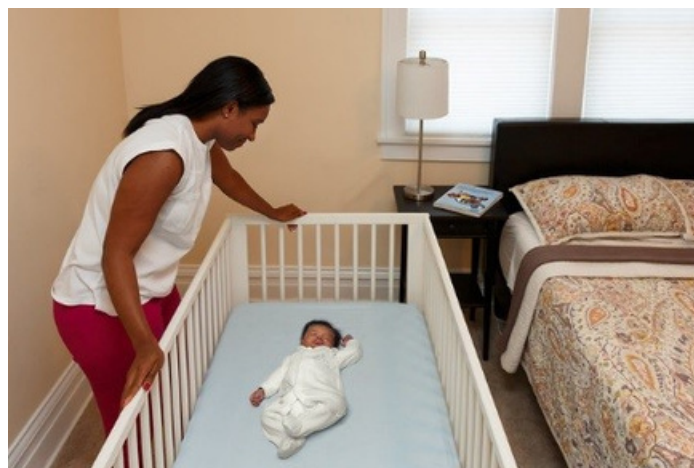
The letter S is now officially part of the ABCS of Infant Safe Sleep.

A - Babies should sleep **Alone**

B - On their **Back**

C - In a **Crib**

S - In a **Smoke-free** home



<https://www.health.ny.gov/diseases/conditions/safesleep/>

Smoking Cession and Pregnancy Campaign

NY State Department of Health has a campaign to help mothers stop smoking:

- If you're pregnant and you smoke, your baby shares every cigarette you smoke.
- Smoking during pregnancy causes many health problems for both you, and your unborn baby, including higher risk of birth defects and even death.
- Quitting smoking will help you and your baby be healthy.
- Quit today and your baby will get more oxygen, even after just one day.
- Your baby will grow better and be less likely to be born too early.

You can also get more help with your smoking addiction by calling the New York State Smokers' Quitline at 1-866-NY-QUITS (1-866-697-8487) or visiting www.nysmokefree.com. It's a free and confidential service to help you become smoke-free.

https://www.health.ny.gov/community/pregnancy/smoking_cessation_campaign/

**Talk with your health care provider to
develop your quit smoking plan.**

Share These Tips for Safe Sleep

- 1 Always put baby on their back to sleep.
- 2 Drugs and alcohol increase risk of unsafe sleep deaths. Don't fall asleep with baby if you have either in your system.
- 3 Be aware of exhaustion! Don't fall asleep with baby in your arms, in a chair, or in bed.
- 4 Don't let baby sleep in a swing or car carrier. Always move baby to a crib.
- 5 Don't put anything in the crib with baby. No blankets, stuffed animals or toys!
- 6 Don't let baby overheat. No head coverings while they are sleeping.
- 7 Always use a fitted crib sheet.
- 8 Move crib to your room so baby can be with you but not in bed with you.
- 9 When feeding baby, set an alarm on your phone to wake you up every few minutes in the event you dose off.
- 10 Make sure everyone caring for your baby knows about safe sleep.

#SafeSleep #ThisSideUp

Great Resources from First Candle

Who is First Candle?

First Candle is committed to the elimination of SIDS and other sleep-related infant deaths through education, while providing support for grieving families who have suffered a loss. <https://firstcandle.org/>

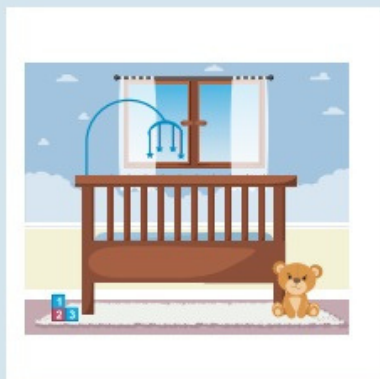
Try these catch phrases when talking with caregivers!

IF IT'S FOR SITTING, IT'S NOT FOR SLEEPING



Swings, car seats and infant carriers are great for supervised awake time but not for sleep. Baby's chin can fall onto his/her chest and cause the airway to close.

CRIBS INSTEAD OF COUCHES



It's cozy to lay with your baby on a couch or armchair but **if you're tired, put your baby in his/her crib, bassinet or play yard.** Baby can roll off you and get wedged in between the cushions or fall to the floor.

FIRM NOT FLUFFY



To test if a surface is too soft, press your hand down and then lift it up. If your hand leaves an indentation, it's too soft.

Overcoming Barriers to Safe Sleep

Here are a few ways to help caregivers overcome barriers to infant safe sleep...

“It’s easier to sleep in same bed for feeding and checking on baby.”

Instead of sleeping in the bed, put the crib or pack n play in the same room with you. It’s safest for baby and easier than going into a different room in the middle of the night.



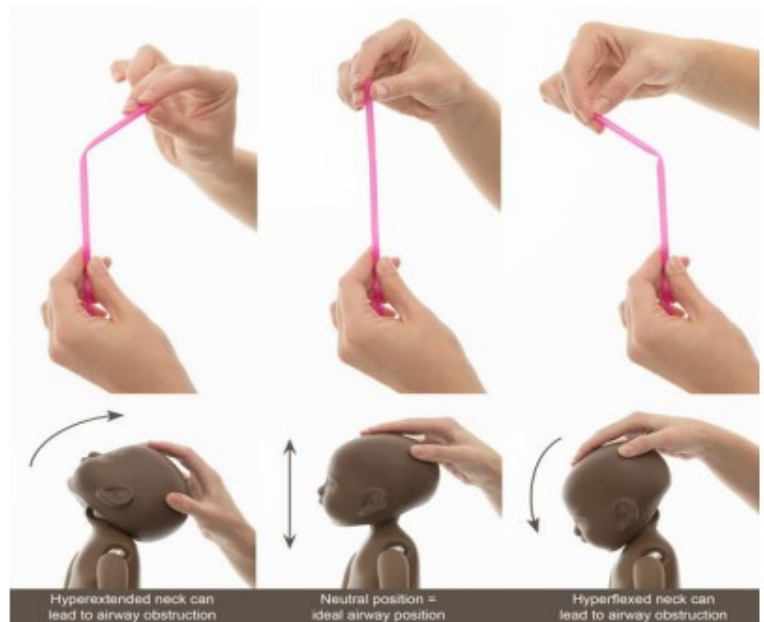
“Baby can sleep in adult bed if sheets and pillows are taken off.”

Consider toddlers or other children in your home climbing in bed. Think about pets that may jump on the bed. What is the softness of the mattress? Remember adult beds are made for adults not babies.



“Baby sleeps better in car seat. Why move them if they are sleeping nicely.”

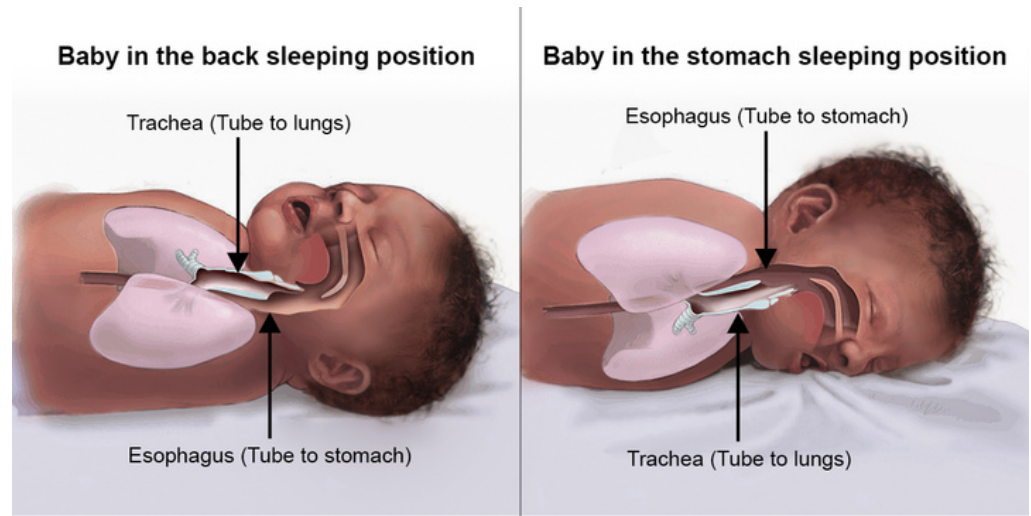
This graphic from the Maryland Department of Human Services does a good job showing what can happen when using sitting or carrying devices (car seats, carrying slings, etc.) A caregiver should ensure the baby’s head is in a neutral position. Babies experience positional asphyxiation when the position of their body blocks their airway. This can happen if the baby’s nose and mouth are covered, if the baby’s head is slumped over, or if the baby’s chin is pressed into the chest.



Overcoming Barriers to Safe Sleep

“Baby might choke on vomit if they are on their back.”

This graphic from OCFS shows how it is actually safer for a baby to sleep on their back if they spit up or vomit.



“It is so easy to fall asleep on couch or in a chair when feeding baby.”

Try these tips from Charlies Kids to stay awake. <https://charlieskids.org/the-solution/stay-awake/>

- Sit in an uncomfortable, non-plush chair. Or sit on the floor and lean against the wall.
- Alert your support person that you are up and feeding.
- Set an alarm for 10-15 minutes to wake you in case you fall asleep.
- Grab your favorite snack.
- Watch a show high on fun or action (think *Schitt's Creek*, *Ted Lasso*, *Chicago Fire*).
- Read a new book. Have you read *The Last Thing He Told Me?* *The Midnight Library?*
- Edit and clean up all the photos of your little one.
- Scroll Instagram, and get into a celebrity deep dive. (We know way too much about the lives of every Bachelor contestant.)
- Shop or browse the latest fashions for you or baby.
- Reach out to a friend also feeding in the night.
- Connect with an online support group on Facebook.

New Safe Sleep Guidelines Released in 2022

The American Academy of Pediatrics has released its evidence base for 2022 updated recommendations for a safe sleeping environment to reduce the risk of sleep-related infant death. The recommendations are based on studies that include infants up to 1 year of age.

<https://www.aap.org/en/patient-care/safe-sleep/>

Cribs for Kids Program



Know someone who needs a crib?



The CAC is a partner with the P3 Center for Teens, Moms and Kids at Niagara Falls Memorial Medical Center in the Cribs for Kids® program in Niagara County.

Cribs for Kids® is a national safe sleep program for parents of young infants who lack appropriate resources to obtain safe sleep environments. Please note this is not a “crib giveaway” but a resource for those who are in need.

The caregiver will be required to participate in safe sleep education and follow-up services conducted in home visits and follow-up phone calls. P3 staff will set up a “Pack and Play” and provide safe sleep education. They will also receive a sheet, a sleep sack, a pacifier and educational materials.

Program participation is open to all infants and mothers who meet eligibility criteria related to need and who agree to participate in ongoing safe sleep education and follow-up.

If you would like to make a referral, call P3 for Teens, Moms and Kids at 716.278.4423.



NIAGARA FALLS
Memorial Medical Center
Exceptional care, exceptionally close.

Support

WNY Perinatal Bereavement Network

WNY Perinatal Bereavement Network provides support by assisting the community in meeting the needs of people facing perinatal death, the death of a baby from miscarriage, ectopic pregnancy, stillbirth or early infant death. Some of their services include:

- Care package/journal program
- Parent telephone support
- Forget-Me-Not newsletter
- Support group
- Sibling program

Visit their website for more information on services, support groups and upcoming events:
<https://wnypbn.org/> or call, 716.626.6363



Recalls

Check for baby product recalls often! <https://www.cpsc.gov/Recalls>

Recent recalls include:

- <https://www.cpsc.gov/Recalls/2023/Buffalo-Games-Recalls-Chuckle-Roar-Ultimate-Water-Beads-Activity-Kits-Due-to-Serious-Ingestion-Choking-and-Obstruction-Hazards-One-Infant-Death-Reported-Sold-Exclusively-at-Target>
- <https://www.cpsc.gov/Recalls/2023/TOMY-Recalls-Boon-Flair-and-Flair-Elite-Highchairs-Due-to-Fall-Hazard>
- <https://www.cpsc.gov/Recalls/2023/Zipadee-Kids-Recalls-Convertible-House-Bed-Frames-and-Montessori-Floor-Beds-Due-to-Entrapment-and-Strangulation-Hazards>
- <https://www.cpsc.gov/Recalls/2023/Restwell-Mattress-Recalls-Room-Board-Crib-Mattresses-Due-to-Suffocation-Hazard-for-Infants-Failure-to-Comply-with-Federal-Safety-Standard-for-Crib-Mattresses-Sold-Exclusively-at-Room-Board-Recall-Alert>
- <https://www.cpsc.gov/Recalls/2023/Pottery-Barn-Kids-Recalls-Penny-Convertible-Cribs-Due-to-Laceration-Hazard-Recall-Alert>

Resources and Links:

If you are interested in reading more about Safe Sleep or if you would like content to share, we have listed some great resources below.

Child Advocacy Center of Niagara, Safe Sleep Information:

<http://cacofniagara.org/education-prevention/safe-sleep/>

US Dept of Health and Human Services, Safe to Sleep:

<https://safetosleep.nichd.nih.gov/>

Charlies Kids, Safe Sleep Plan:

<https://charlieskids.org/the-solution/safe-sleep-plan/>

First Candle, Safe Sleep Information:

https://digitalmedia.vnr1.com/2022/06/14/2022-026_firstcandlemediasupport/

CDC, Safe Sleep for Babies:

<https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/index.html>



THE
CHILD ADVOCACY CENTER
OF NIAGARA