

# Faith Based Guide to Safe Sleep

## WHY IS SAFE SLEEP SO IMPORTANT?

**In the U.S. nearly 4,000 infants die suddenly and unexpectedly each year.<sup>1</sup>**

In Kentucky

- Every five days another infant dies from a sleep-related risk factor.
- An infant is 70 times more likely to die from unsafe sleep than from a motor vehicle accident.
- In 2013, 9 out of 10 sudden unexpected infant deaths had at least one hazardous risk factor documented. These deaths are preventable.
- Over half of the sleep-related deaths in 2013 had bed-sharing documented, which is extremely dangerous and high risk for overlay or suffocation deaths.
- Many of these sleep-related infant deaths can be prevented.



## WAYS YOU CAN SPREAD THE WORD

### **PRACTICE Safe Sleep in your facility nursery or child care centers**

- Check the safety of the cribs at the Consumer Products Safety Commission web site: [cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs](http://cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs).
- Be sure everyone working in the nursery or child care center knows the ABCs of Safe Sleep and follows them for all infants.
- Infants are babies up to twelve months old; they should ALWAYS sleep Alone, on their Back, and in a Crib or pack & play for ALL sleep times, night and naps.
- Hand out educational materials to those bringing their infants to the nursery so they can practice Safe Sleep at home and decrease the risk for sudden infant death syndrome (SIDS).

### **TEACH Safe Sleep Practices**

- Share Safe Sleep tips - talk about Safe Sleep practices with parents and grandparents of newborns in your congregation; tell your youth group why safe sleep is important and give them the "Babysitter's Guide to Safe Sleep."
- Offer or host Safe Sleep classes for parents, caregivers, babysitters, etc.
- Give out safe sleep materials for any outreach to new mothers or expectant parents.
- The book "Sleep Baby Safe and Snug" from Charlie's Kids is also a great gift item: [charlieskids.org](http://charlieskids.org)

### **PROVIDE for moms and babies in need**

- Provide new Safe Sleep items (cribs, bassinets, pack & plays, fitted sheets, sleep sacks) for expectant mothers with limited financial means within your organization or within your community. Work with your local birthing center, health department, or other local organizations.
- Include the "What a Safe Sleep Environment Looks Like" educational handout with their Safe Sleep gift(s).
- Provide items for safe infant sleep to any shelters in your area.

## PARTNER with other organizations

- Find and contact organizations near you focused on decreasing sleep-related deaths, such as your local health department, to find out how you can work together.
- Offer to provide Safe Sleep information at meetings of community organizations (a PowerPoint presentation is available for free by emailing [SafeSleepKY@ky.gov](mailto:SafeSleepKY@ky.gov)).
- If there is need in your community, consider starting a Cribs for Kids program, from your agency or by partnering with another community agency. More info at [cribsforkids.org](http://cribsforkids.org).

**Caregivers and teachers can help reduce infant deaths by practicing Safe Sleep for babies in their care and teaching these practices to parents, guardians, caregivers, and families. Modeling Safe Sleep will remind them to use Safe Sleep practices at home as well.**

## If you have a nursery or child care center at your facility, please follow these guidelines:<sup>2</sup>

- Be sure everyone working in the nursery or child care center knows the ABCs of Safe Sleep and follows them. Infants are babies up to twelve months old; they should ALWAYS sleep Alone, on their Back, and in a Crib (or pack & play) for ALL sleep times.
- An infant's Safe Sleep Space is:
  - > A firm crib mattress covered by a clean fitted sheet in a safety-approved crib, bassinet or pack & play that meets the standards and guidelines reviewed and approved by:
    - U.S. Consumer Product Safety Commission (CPSC) [cpsc.gov/en](http://cpsc.gov/en). Please use this website and confirm that cribs used in your facility are approved and meet current regulations.
  - > Stackable cribs are unsafe and not recommended.
  - > NOTHING else should be with the baby in a Safe Sleep Space except for a pacifier. Pacifiers should not be attached to a string, cord, stuffed animal or anything else.
    - Keep these out of Safe Sleep Spaces and away from sleeping babies: soft or loose bedding, bumper pads, pillows, quilts, comforter, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, soft toys, stuffed animals, etc.
  - > These are NOT Safe Sleep Spaces:
    - Car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, highchair, chair, futon, couch, adult bed or child bed, air mattress, etc.<sup>2</sup>
- Do not put more than one baby in a crib at a time.
- Prevent babies from overheating:
  - > Keep the baby's room at a temperature comfortable for you; babies may need one additional layer of clothing.
  - > Do not use blankets. If the baby needs more warmth, ask parents to bring a footed infant sleeper or infant sleep sack or gown.
- Carefully watch and listen to babies under your care at all times to ensure their safety, including while they are sleeping.
- Teach these Safe Sleep practices to all staff, parents, guardians, volunteers in your nursery or child care setting.
- Safe Sleep is required for licensed child care centers (see regulations).



**Additional Resources:** Safe Sleep Kentucky ([SafeSleepKY.org](http://SafeSleepKY.org)) and Safe to Sleep ([nichd.nih.gov/sts](http://nichd.nih.gov/sts))

### References

1. Commonwealth of Kentucky Child Fatality & Near Fatality External Review Panel – 2014 Annual Report. <http://justice.ky.gov/Documents/CFNFER-PAAnnualReport2014.pdf> September, 25, 2015.
2. American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2012. Safe Sleep practices and SIDS risk reduction: Applicable standards from: Caring for our children: National health and safety performance standards: Guidelines for early care and education programs. 3rd Edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. [http://cfoc.nrckids.org/StandardView/SpcCol/Safe\\_sleep](http://cfoc.nrckids.org/StandardView/SpcCol/Safe_sleep). Updated September 25, 2015



From the Kentucky Department for Public Health  
visit [safesleepky.org](http://safesleepky.org) for more information