

Sadie Says...

Frequently Asked Questions About Older Adult Issues

Q What's all this talk I'm hearing about babies and safe sleep?

A According to the Centers for Disease Control and Prevention (CDC) approximately 3,500 infants die suddenly and unexpectedly each year in the United States due to sudden unexpected infant deaths (SUID).

Some of the most common causes of SUID's are the following:

- Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant less than 1 year that cannot be explained after a complete investigation including an autopsy, examination of the death scene and review of medical history.
- Accidental suffocation and strangulation in bed due to soft bedding, pillows or bumpers covering an infant's nose and mouth, wedging or entrapment between two objects such as a mattress and wall, bed frame or furniture and strangulation for example when an infant's head and neck are caught between crib railings.

“We know better now so we should do better..”

According to the American Academy of Pediatrics “Doing better for our babies” consists of putting our babies: Alone on their Backs, on a firm mattress in a safety approved Crib. We should share our rooms but not share our beds with infants for the first year. Infants should sleep in an environment that is between 72-75 degrees F to avoid overheating and there should be no pillows, bumper pads, blankets, or stuffed animals in the crib. Additional recommendations to reduce SIDS include avoiding exposure to cigarette smoke, alcohol, and illicit drugs. Breastfeeding; routine immunizations; and use of a pacifier have been shown to lower the risk of SIDS.

Please remember the ABC's of Infant Safe Sleep: Alone, Back, Crib

November has been designated Safe Sleep Month in Pennsylvania and a resolution for Safe Sleep Month in Lycoming County was made by the Lycoming County Commissioners.

Thanks to community education provided through health care and child safety providers about SUID prevention, the Lycoming County Coroner's Office has not investigated any infant deaths due to an unsafe sleep environment in the past three years.

Important Note: Child safety seats are for use in vehicles and NOT for sleeping when outside the vehicle.

In a study associated with sitting and carrying devices for children age two and younger, over 65% occurred in safety seats that were being used as sleep areas outside the vehicle. The cause of death was asphyxiation, with over one-half from strangulation from the straps.

Sadie Says is brought to you by the Lycoming County Health Improvement Coalition

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