

# Safe Sleep

7.707.33E Each staff member working with infants less than 12 months old must complete a Department approved safe sleep training by December 31, 2015. Each staff member hired after December 31, 2015, must complete a Department approved safe sleep training prior to working with infants less than 12 months old.

\*\*\*\*Programs that are found to have an unsafe sleep environment will be cited by licensing as well as all parents in that child's age group will be notified of the unsafe sleep conditions.

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation. This investigation includes performing a complete autopsy, examining the death scene, and reviewing the clinical history.

When a baby dies, health care providers, law enforcement personnel, and communities try to find out why. They ask questions, examine the baby, gather information, and run tests. If they can't find a cause for the death, and if the baby was younger than 1 year old, the medical examiner or coroner will call the death

Research shows that several factors put babies at higher risk for SIDS and other sleep-related causes of infant death.

Babies who usually sleep on their backs but who are then placed to sleep on their stomachs, such as for a nap, are at very high risk for SIDS.

Babies are at higher risk for SIDS if they:

- Sleep on their stomachs
- Sleep on soft surfaces, such as an adult mattress, couch, or chair or under soft coverings
- Sleep on or under soft or loose bedding
- Get too hot during sleep
- Are exposed to cigarette smoke in the womb or in their environment, such as at home, in the car, in the bedroom, or other areas
- Sleep in an adult bed with parents, other children, or pets; this situation is especially dangerous if:

[https://www.nichd.nih.gov/sts/about/environment/room/Pages/text\\_alternative.aspx](https://www.nichd.nih.gov/sts/about/environment/room/Pages/text_alternative.aspx)

Please go to the link above to see how to set up a safe sleep environment.

**Please join us September 13 and November 8, 2017**

**From 630-830p.m. for Safe Sleep Training.**

**Please register at [www.cciproviderpost.org](http://www.cciproviderpost.org)**

