

Did You Know?

SIDS (Sudden Infant Death Syndrome) claims the lives of 6 babies every day in the US. That's nearly 1 baby every 4 hours.

In nearly all 50 states, including Illinois, smoking is not allowed in childcare homes or centers.

It is essential to communicate Safe Sleep strategies with new and expectant parents, and anyone working with infants. Consistency of care – from parent to childcare provider, babysitter and grandparent – is extremely important. It is equally important to be consistent from naptime to nighttime. When babies who routinely sleep on their backs are placed on their tummies for sleep, there is an 18 times increased risk for SIDS. Babies under one year of age should consistently be placed on their backs to sleep for naptime and nighttime.

Safe sleep strategies work! By following the recommendations for SIDS reduction, deaths due to accidental suffocations, overlays and entrapments can be 100% prevented. SIDS deaths have been reduced by 68% in Illinois by using these techniques.

You can make a difference.

To check your licensing standards in Illinois, go to www.state.il.us/dcf. For all other states, go to <http://nrc.uchsc.edu>.



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For more information please
contact SIDS of Illinois

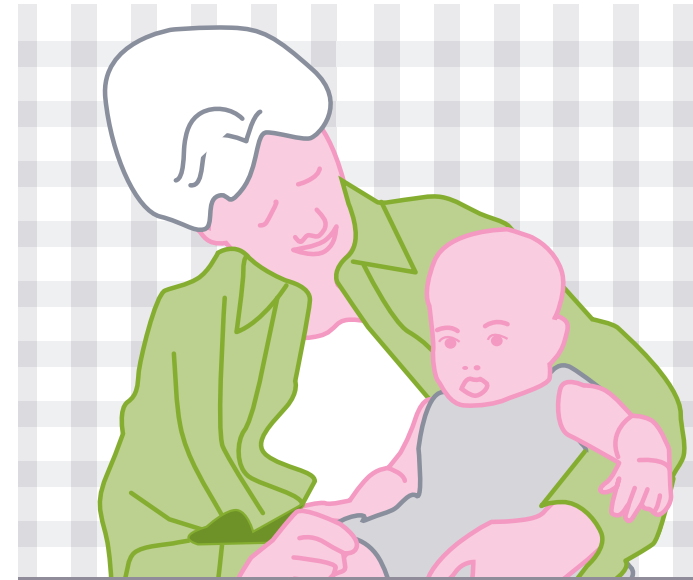
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Safe Sleep For Infants in Childcare



There's nothing sweeter
than a sleeping baby.

1-800-432-SIDS (7437)



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Reduce the Risk of Sudden Infant Death Syndrome and Accidental Suffocation



As a childcare provider, you have an important job that comes with crucial responsibilities. Remember to take any precautions necessary to ensure the well being of a child in your care.

What you can do:

- Always place baby on back to sleep, alone, in a crib.
- Do not cover baby's head or face when sleeping.
- With parent's permission, offer baby a pacifier at sleep times from 1 month to 1 year of age, but do not force baby to use it.
- Never allow anyone to smoke around baby.
- For sleep, a blanket free crib is best.
- Be sure crib slats are no more than 2 3/8" apart (no wider than a soda can).
- When weather is warmer, dress baby in less.

WARNING! Never place these things in a crib with baby:

- Positioning device that could restrict movement (without doctor's ok)
- Car seats
- Soft bedding
- Bumpers
- Pillows
- Quilts
- Comforters
- Sheepskins
- Stuffed toys
- Laundry
- Pets

Do NOT sleep infants on a sofa, arm chair, soft mattress, in a car seat or swing.

Flippers vs. Rollers

Flippers are infants who cannot roll by themselves from back to tummy and then from tummy to back. Place baby on his or her back to sleep. If this baby flips to his or her tummy during sleep, turn the baby back over onto his/her back.

Rollers are infants who can roll all the way around on their own. Place the baby on his/her back to sleep, but allow the baby to move to and stay in whatever position he/she prefers.

Do not use any type of positioners to keep a baby on his/her back. A safe crib for all babies has only a mattress, fitted sheet and the baby in it.

Tummy Time will help a baby to gain strength and become a roller. It can also help prevent a flat spot on the back of baby's head.



SPECIAL CIRCUMSTANCES – Childcare providers must obtain written instructions from a baby's doctor before the infant can be placed in any position except the 'back to sleep' position. The doctor must give the provider detailed instructions about the medical condition, how the infant should be positioned, and if any positioning devices should be used.

Tummy Time is Play Time!

Babies need tummy time to make their upper bodies strong. Remember to give babies tummy time every day and make it fun by playing with them.

- Supervise! Never leave baby unattended with young children or with pets while on his/her tummy.
- Always place baby on a clean, safe surface for tummy time.
- Limit the amount of time spent in strollers, swings, car seats and bouncy seats during baby's awake times.
- Vary baby's position at least every 20 minutes throughout the day during play time.

Tips to remember throughout the day:

- When bottle feeding baby, alternate the way you hold baby at each feeding. It's better for you and better for baby.
- Change baby's position in crib every time you place baby to sleep. Example – naptime, baby's feet at foot of crib; next sleep time, baby's feet at head of crib; and so on.
- Carry baby in your arms rather than in a car seat or backpack or sling.

