



Department of

Children's Services

Safe Sleep for Infants

Objectives

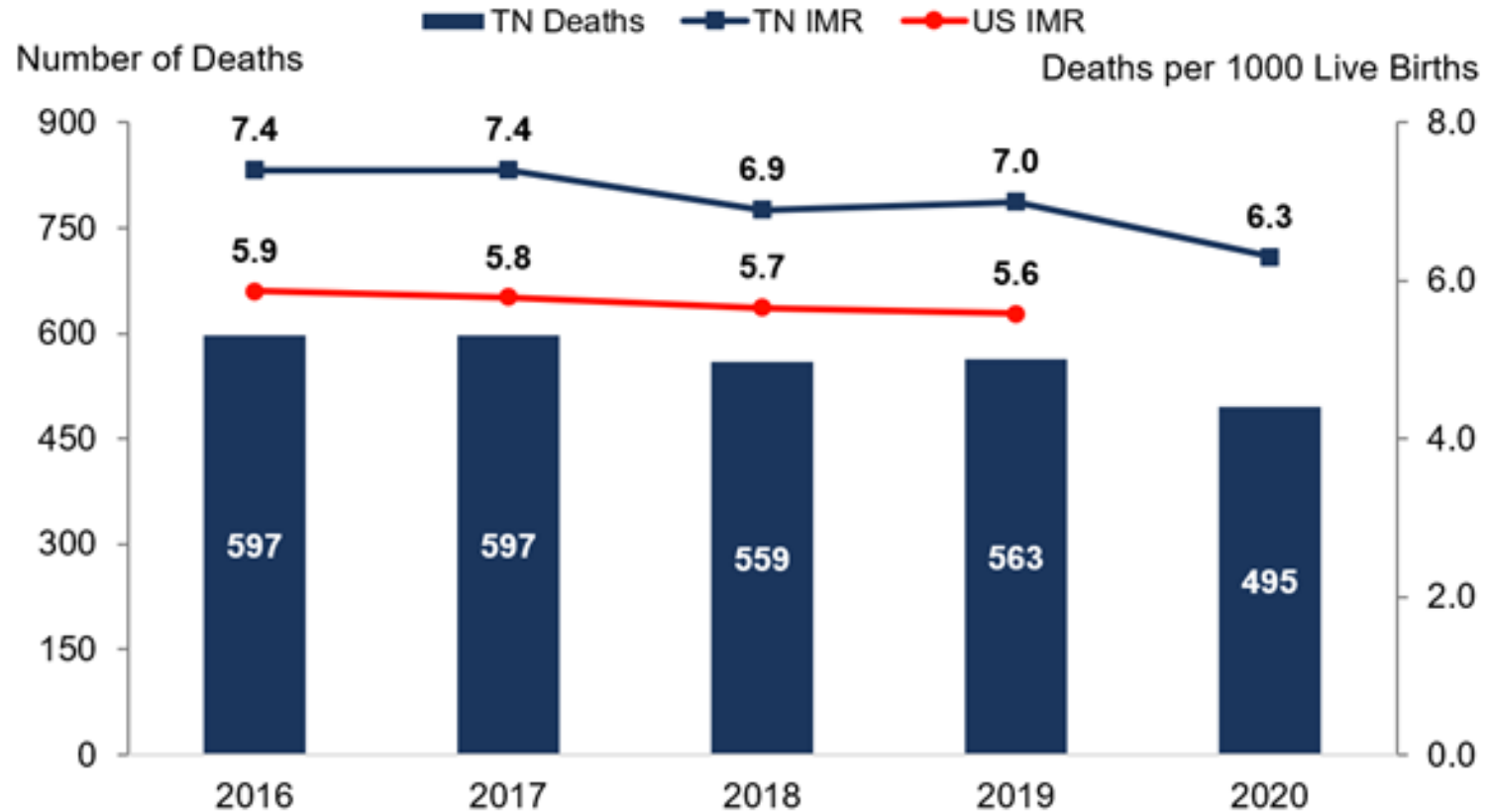
- Participants will understand the importance of Safe Sleep practices
- Participants will recognize the ABC's of Safe Sleep
- Participants will differentiate between unsafe sleep positions and environments and Safe Sleep positions and environments
- Participants will be familiar with the Protocol for Safe Sleep Education and Delivery of Safe Sleep Furniture
- Participants will be able to assemble Pack 'n' Play Safe Sleep furniture

Reduce Risk

- “Sleep-related causes of infant death” are those linked to how or where a baby sleeps or slept. These deaths are due to accidental causes, such as suffocation, entrapment, or strangulation.
 - Entrapment is when the baby gets trapped between two objects, such as a mattress and a wall, and can’t breathe.
 - Strangulation is when something presses on or wraps around the baby’s neck, blocking the baby’s airway.
 - These deaths are not SIDS.
- Sleep related deaths are preventable.
- Education is a key to reducing risk.

Infant Mortality Trends 2016-2020

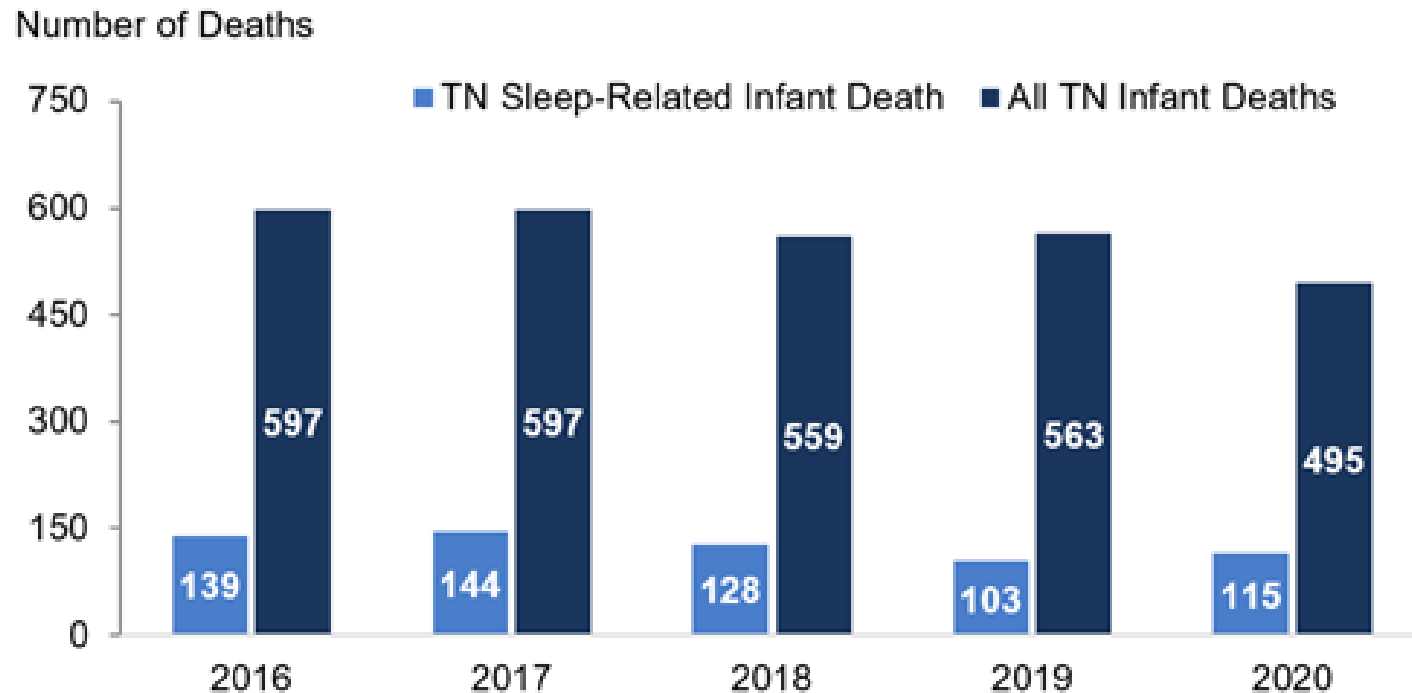
Number and Rate of Infant Deaths, Tennessee, 2016-2020



Data source: Tennessee Department of Health, Office of Vital Records and Health Statistics, Death Statistical File, 2016-2020.

Tennessee Sleep-Related Deaths 2016-2020

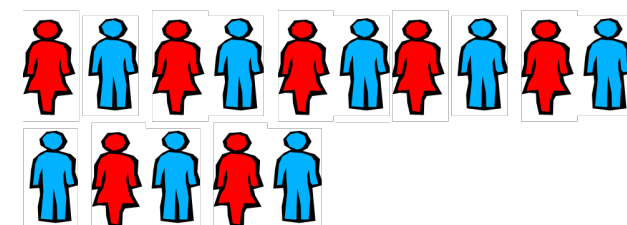
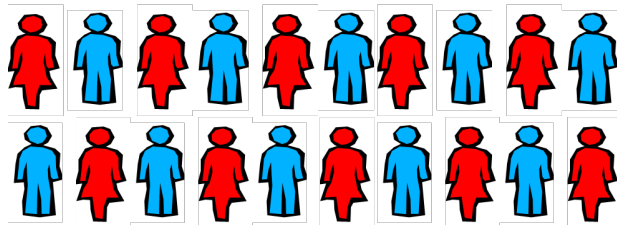
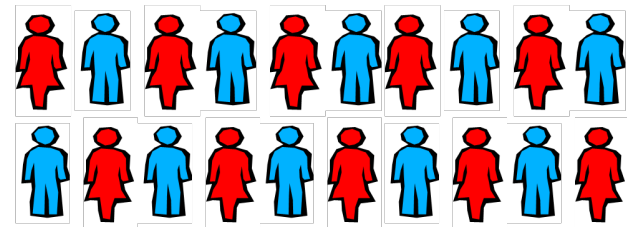
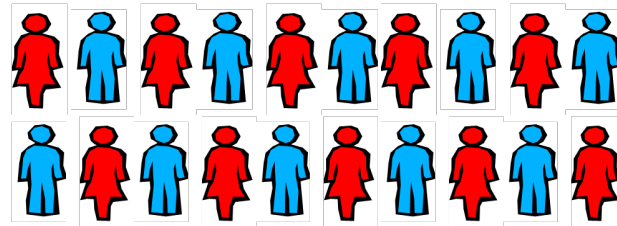
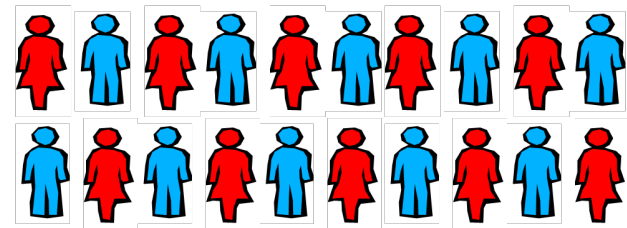
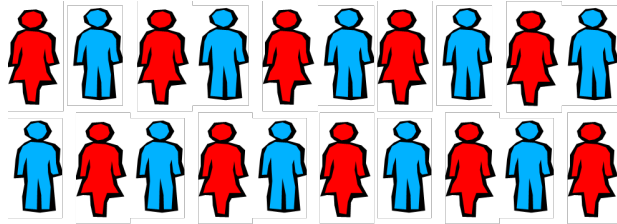
Number of Sleep-Related Deaths, Tennessee, 2016-2020



Data sources: Sleep-related infant death counts from Tennessee Department of Health, Child Fatality Review Database System. Total infant deaths from Tennessee Department of Health, Office of Vital Records and Health Statistics, Death Statistical File, 2015-2020.

Impact of Eliminating Sleep-Related Deaths

115 children = nearly 6 Kindergarten classrooms



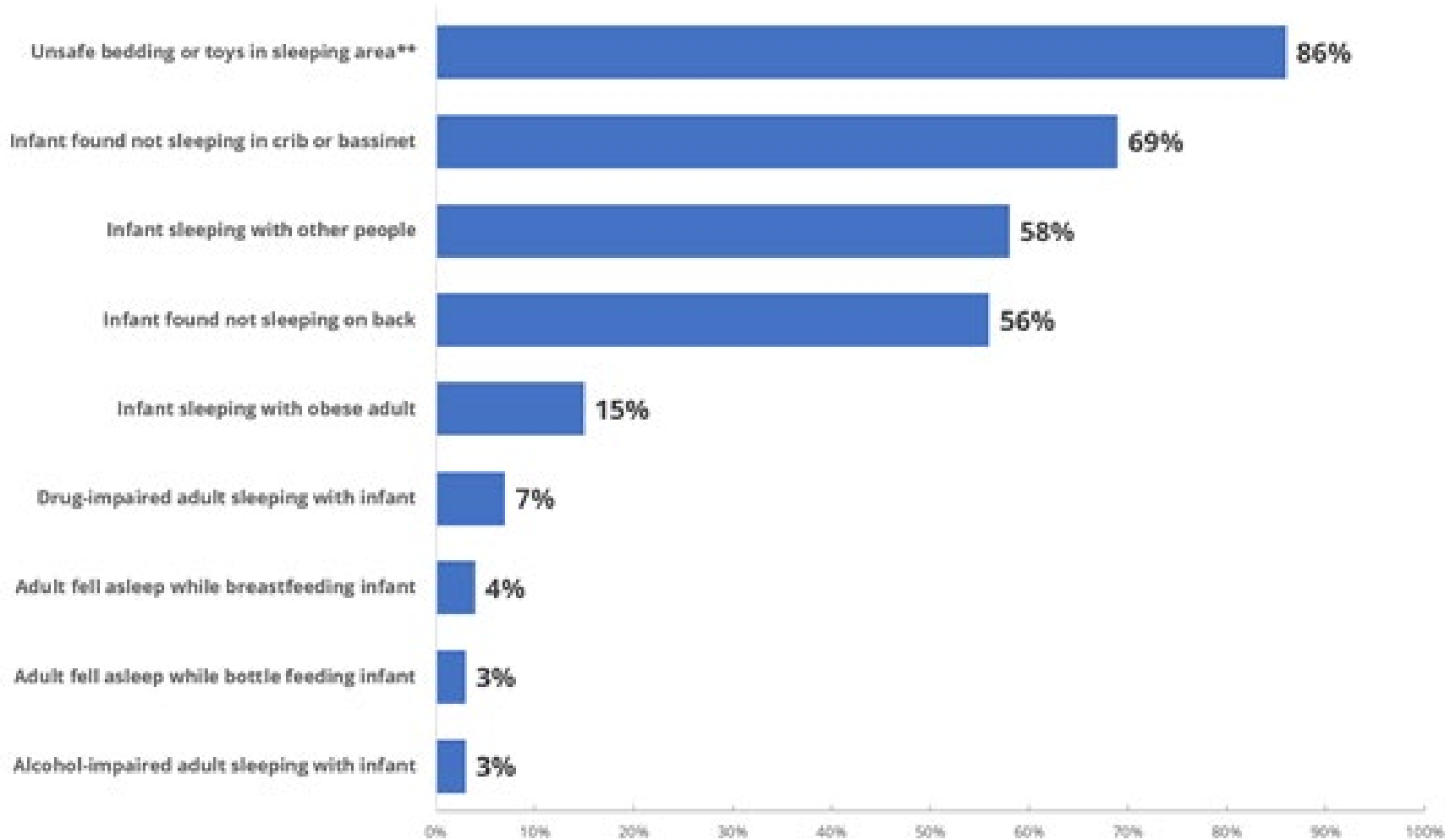
DCS Near Death/ Death Cases

January 2021- April 2022.

- 167 Total children reviewed
 - 74 were age 0-1 year.
 - 34 incidents involved unsafe sleep (46%)



Contributing Factors in Sleep-Related Deaths, Tennessee, 2020



Other Sleep Practices

Bed Sharing

Can be seen by parents as

- Soothing for a fussy infant
- Facilitates breastfeeding
- Increases supervision
- Minimizes environmental dangers

Room Sharing

Can be seen by parents as

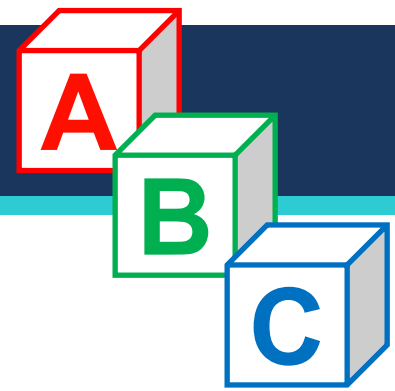
- Safer
- Convenient
- Space saving



Barriers to Safe Sleep

- Parental beliefs about infant sleep
- Lack of plausibility between SIDS and sleep position
- Perceived inconsistency in recommendations
- Non-back sleeping positions based on infant preference, comfort, and fear of choking
- Lack of Safe Sleep furniture

The ABC's of Safe Sleep



Babies should sleep...

Alone

- Not with an adult, another child, or pets
- Not with pillows or stuffed toys
- Not with crib bumpers

On their Back

- Not on their side
- Not on their stomach

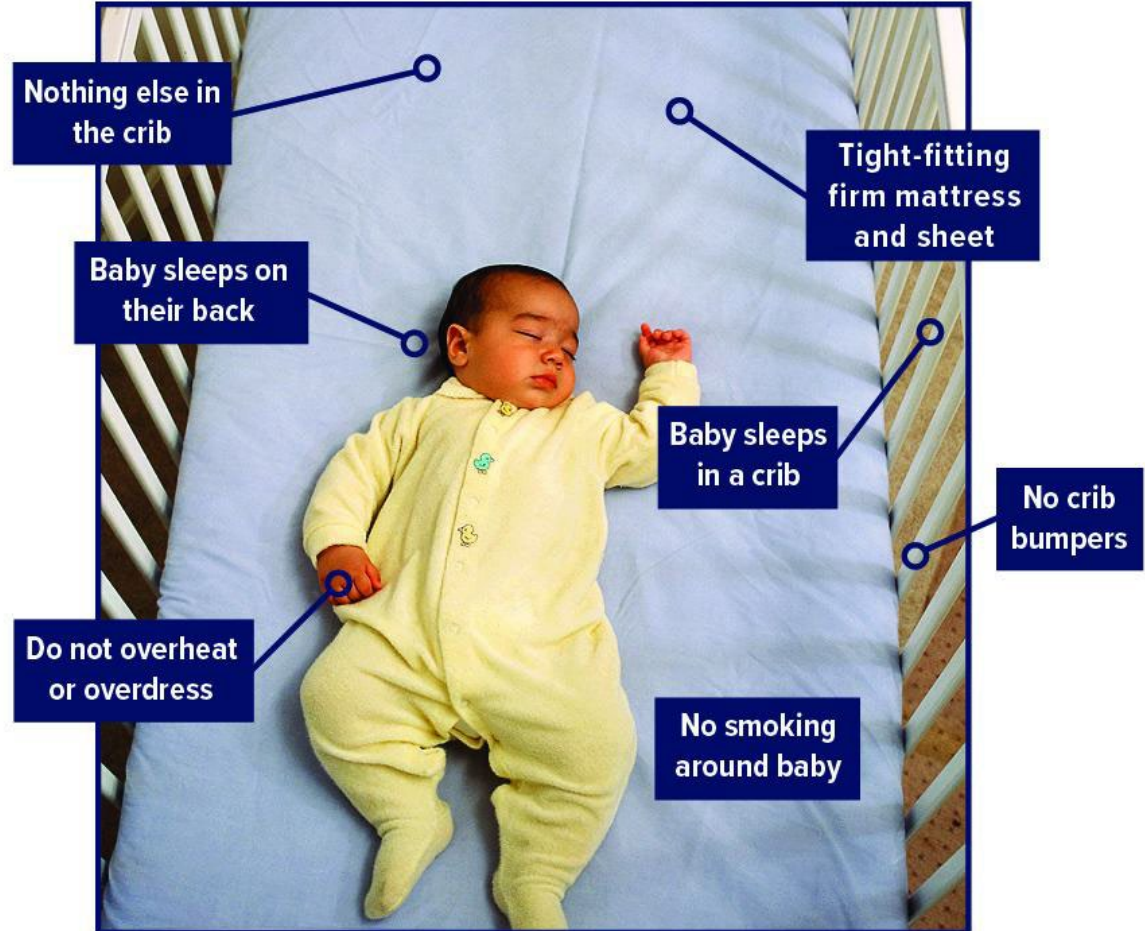
In a Crib

- Not in an adult bed
- Not on a couch or sofa
- Not in a chair



American Academy of Pediatrics Recommendations

- Avoid overheating
- No crib bumpers
- Avoid smoking
- Breastfeeding
- Routine immunizations
- Use a pacifier

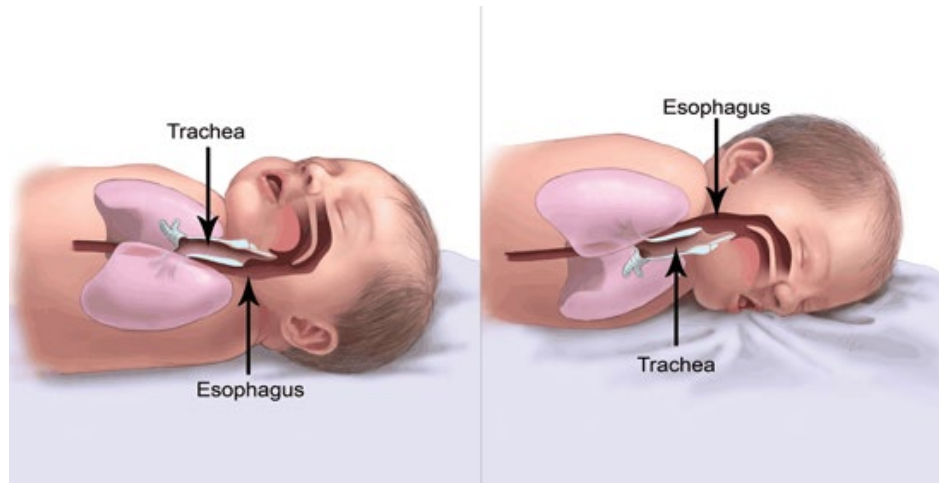


Safe Sleep for Babies Act of 2021

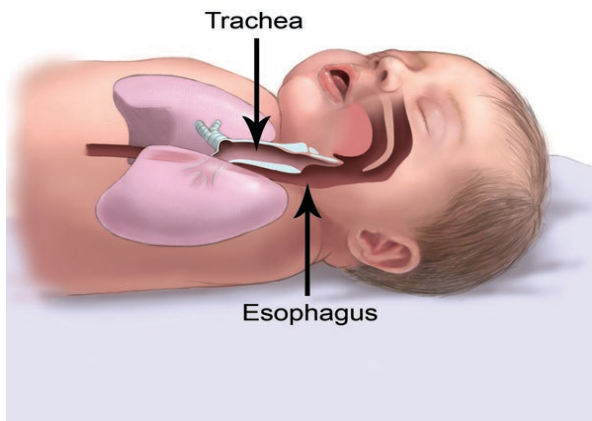
This bill makes it unlawful to manufacture, sell, or distribute crib bumpers or inclined sleepers for infants. Specifically, inclined sleepers for infants are those designed for an infant up to one year old and have an inclined sleep surface of greater than 10 degrees. Crib bumpers generally are padded materials inserted around the inside of a crib and intended to prevent the crib occupant from becoming trapped in any part of the crib's openings; they do not include unpadded, mesh crib liners.

Safe Sleep Position

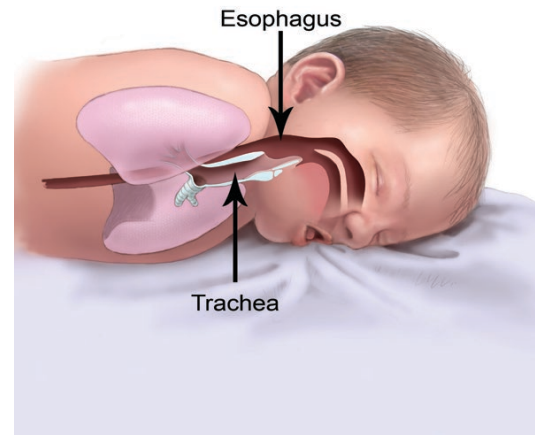
Which baby is in a Safe Sleep position?



Safe Sleep Position



**Baby on Back
CORRECT**



**Baby on Stomach
INCORRECT**

Safe Sleep Position



Safe Sleep Environment

Unsafe places for a baby to Sleep



Safe Sleep Environment

Safe places for a baby to sleep



Protocol for Safe Sleep Education and Delivery of Safe Sleep Furniture



Tennessee Department of Children's Services

Protocol for Safe Sleep Education and Delivery of Safe Sleep Furniture

Supplemental to DCS Policies: 14.2, 14.7, 14.9, 14.12, 14.26, 14.28, 14.29, 16.4, 16.12, 16.46, 20.8

This protocol outlines safe sleep guidelines for Department of Children's Services Case Managers and its contract agencies working with families with infants under 12 months of age. The Department is committed to ensuring every infant has the following:

- a) Primary caregivers educated on safe sleep practices, and
- b) Safe sleep furniture.

Education:

To best ensure caregivers consistently practice safe sleep, the Department educates caregivers on the "ABC's of Safe Sleep."

The "ABC's of Safe Sleep" indicates infants are safely placed to sleep as follows:

A – Alone

- Placed Alone with no blankets, pillows, or toys
- Overheating should be avoided

B – Back

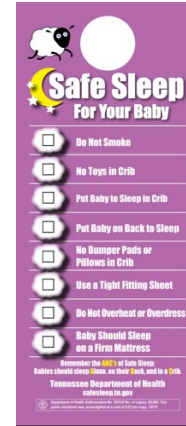
- Always placed on their Back
- No wedges or positioning devices

C – Crib

- Firm Crib mattress
- Properly fitted sheet

Safe Sleep Resources

Safe sleep packets will be available in a central location within each DCS office.



Safe Sleep Resources

Website: <http://safesleep.tn.gov>

The screenshot shows the website for the Tennessee Department of Health's Safe Sleep resources. The header includes the TN Department of Health logo and a search bar. The navigation menu lists: Contact Us, Program Areas, News Room, Health Professionals, Parents, Individuals, Statistical Data, and Calendar of Events. The sidebar on the left contains links to: Safe Sleep Home, Safe Sleep Tips, Safe Sleep Statistics, Safe Sleep Campaign Materials, Safe Sleep Media, Safe Sleep Hospital Project, Safe Sleep Links, and D.O.S.E. Program. The main content area is titled 'Safe Sleep' and features a 'Did You Know?' section with a sheep icon. The text reads: 'Babies should sleep ALONE, on their BACK and in a CRIB.' Below this, it states: '121 babies died in Tennessee in 2012 from sleep-related deaths.' and 'Most of these deaths were preventable.' A photograph of a baby is shown below the text. At the bottom, there are social media icons for Facebook, Twitter, and YouTube.

Pack 'n' Play Challenge



How to Set Up
Pack 'n Play® Playard



Scaling!

Not Confident



Very Confident



Every Sleep Counts

- Have a safe sleep surface for ALL sleeps
- Don't let "just this one time" turn into baby's last time!
- Your role is vital in educating families to help more babies live to see their first birthday.





Thank you for your participation