



Healthy Native Babies Project: Honoring the Past, Learning for the Future

A Collaboration Between the *Healthy Native Babies Project* Workgroup
and the *Eunice Kennedy Shriver* National Institute of
Child Health and Human Development (NICHD),
National Institutes of Health (NIH)



Eunice Kennedy Shriver National Institute
of Child Health and Human Development



Training Objectives

After completing this training, participants will be able to:

- **Describe the disproportionately higher rates of Sudden Unexpected Infant Death (SUID), Sudden Infant Death Syndrome (SIDS), and sleep-related causes of infant death for American Indian/Alaska Native (AI/AN) infants.**
- **Identify facts and myths about SIDS, and explain what is currently known about SIDS risk factors.**
- **Define actions that families and communities can take to reduce SIDS risk.**
- **Communicate safe sleep messages.**



Chapter 1: Facts About SIDS

What are the facts about SUID and SIDS?



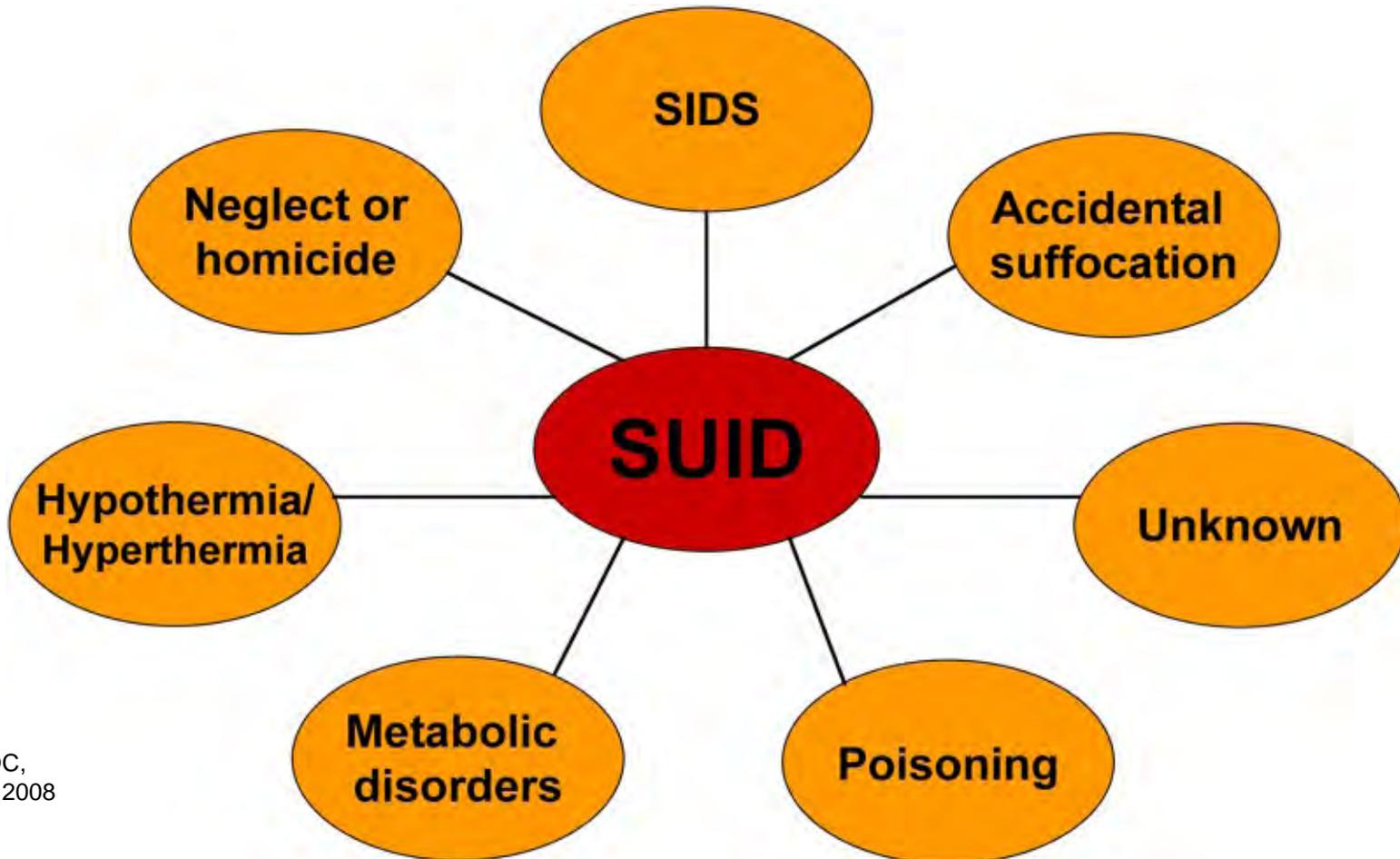


What is Sudden Unexpected Infant Death (SUID)?

- **SUID refers to infant deaths that occur suddenly and unexpectedly.**



Types of SUID



Source: CDC,
September 2008



Incidence of SUID

- **Approximately 4,200 infants die of sleep-related SUID.**
- **One-half of these deaths are categorized as SIDS.**

Source: Centers for Disease Control and Prevention (CDC), SUID and SIDS, September 4, 2012 - Website: <http://www.cdc.gov/sids/>



What is SIDS?

SIDS is the sudden death of an infant younger than 1 year of age that remains unexplained after a thorough case investigation, including:

- **Performance of a complete autopsy;**
- **Examination of the death scene; and**
- **Review of the clinical history of the infant.**

Source: Willinger M, James LS, & Catz C. *Pediatric Pathology*, 1991.



Incidence of SIDS

- **2,226 infants died from SIDS in the United States in 2009.**
- **SIDS rates are declining in the United States, but disparities still exist among certain populations.**

Source: CDC. Infant Mortality Statistics from the 2009 Period Linked Birth/Infant Death Data Set. *National Vital Statistics Report*, 61(7).



SIDS is...

- **The leading cause of infant death between 1 month and 1 year of age**
- **A sudden, silent medical disorder**
- **Determined after autopsy, exam of death scene, and review of medical records**
- **2 times to 4 times more likely to occur in AI/AN babies**



SIDS is *NOT*...

- **Fully understood, but risks can be reduced**
- **Caused by suffocation**
- **Caused by diphtheria, pertussis and tetanus (DPT) vaccine, or other shots or vaccines**



SIDS is *NOT*...

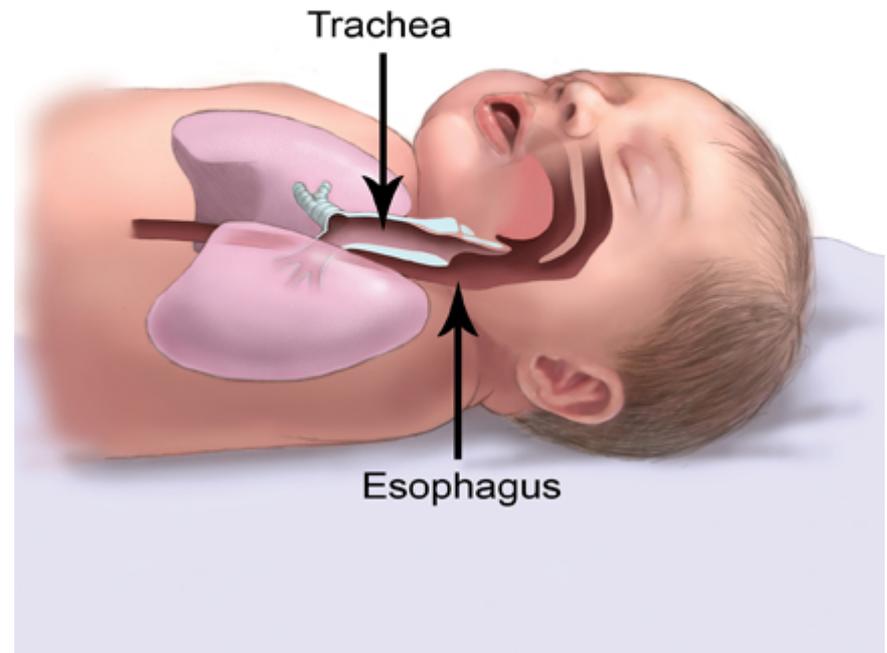
- **Contagious**
- **Result of child abuse or neglect**
- **Caused by cribs**
- **Caused by choking or vomiting**
- **The cause of every unexpected infant death**



Back Sleeping Does Not Cause Vomiting or Choking

When a baby is in the *back sleeping position*, the trachea lies on top of the esophagus.

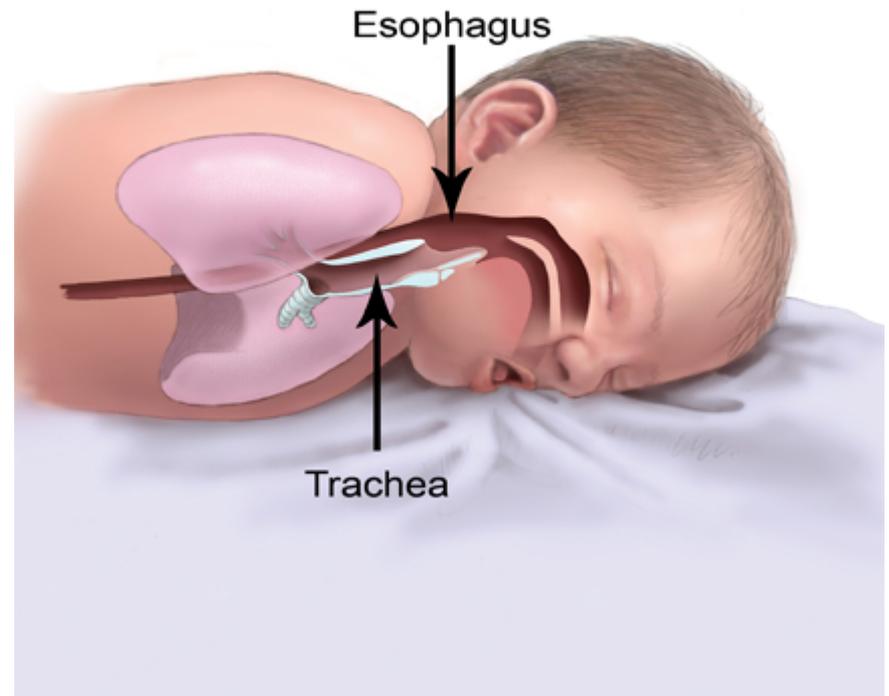
Anything regurgitated or refluxed from the esophagus must work against gravity to be aspirated into the trachea.





Stomach Sleeping Could Cause Vomiting or Choking

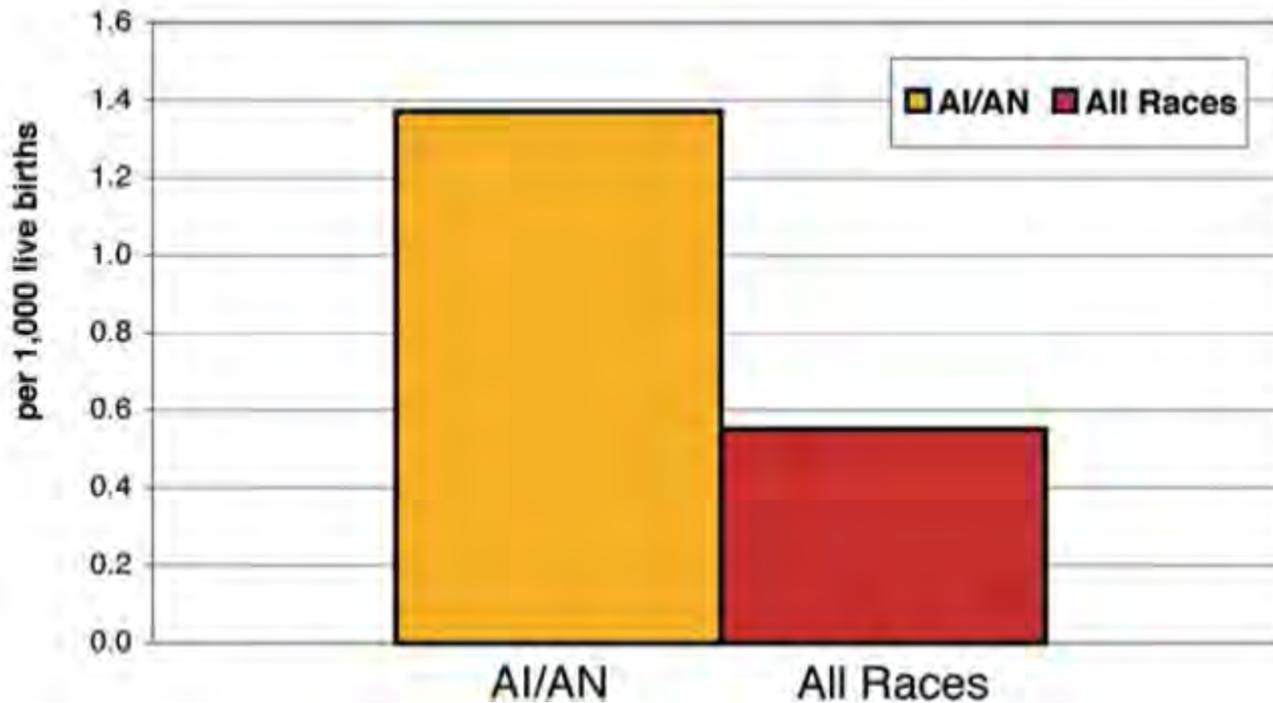
When a baby is in the *stomach sleeping position*, anything regurgitated or refluxed will pool at the opening of the trachea, making it easier for the baby to aspirate or choke.





Proportion of Infant Deaths Due to SIDS

AI/AN SIDS Rates for Urban Indian Health Organization Counties 1997-2003*

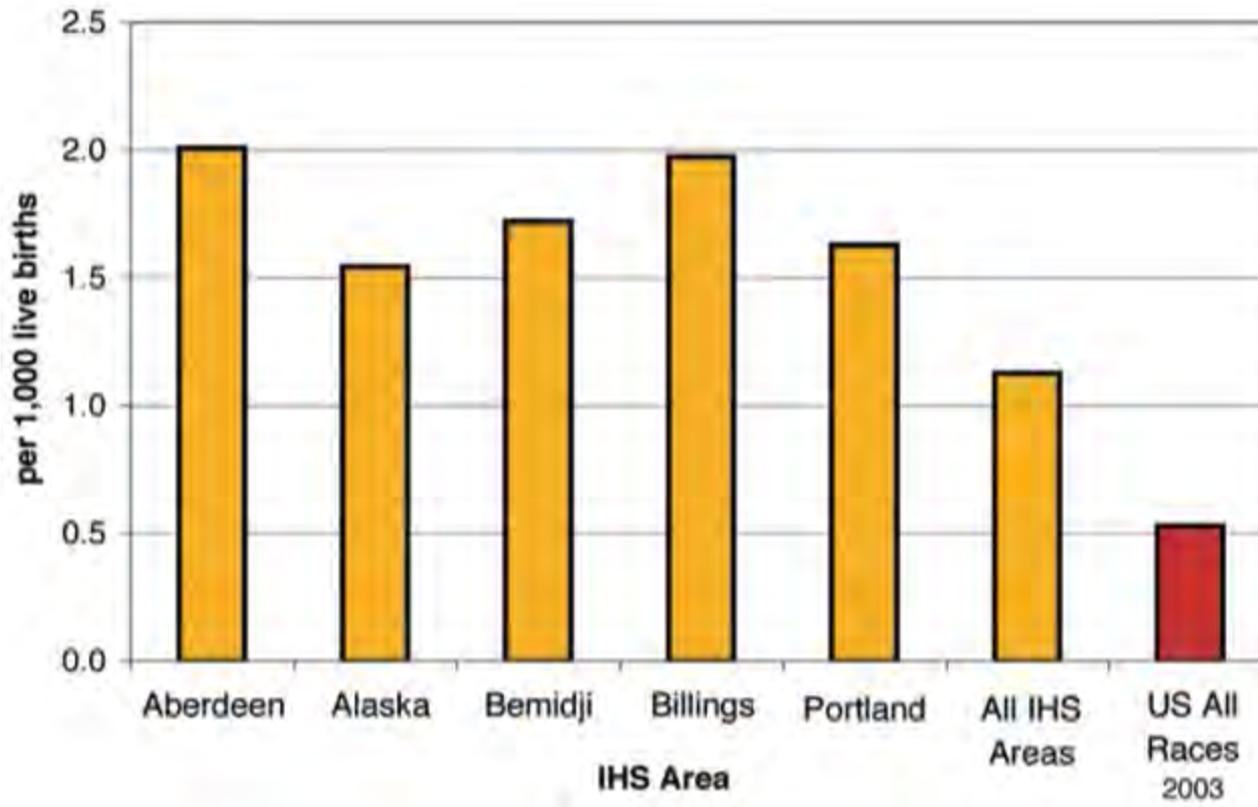


*Data for counties with greater than 250,000 total population only.

Source: National Center for Health Statistics, CDC; prepared by the Urban Indian Health Institute.



AVAN SIDS Rates 2002-2004



Source: National Center for Health Statistics, CDC; prepared by the Indian Health Service (IHS) Office of Program Statistics



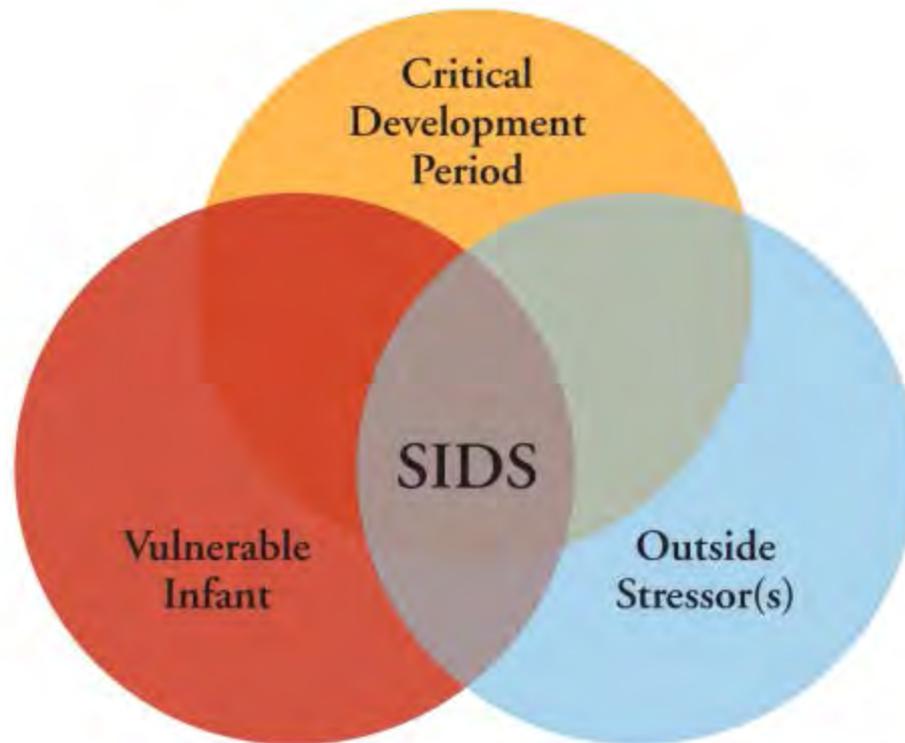
What causes SIDS?

- **Biological Basis for SIDS:**
 - **Brainstem abnormalities**
 - **Genetic susceptibility**
 - **Affected infants may lack coordination of vital systems: breathing, blood pressure, temperature, reflexes, waking, and sleeping**
- **But these alone aren't likely to cause death.**



What causes SIDS?

Triple Risk Theory

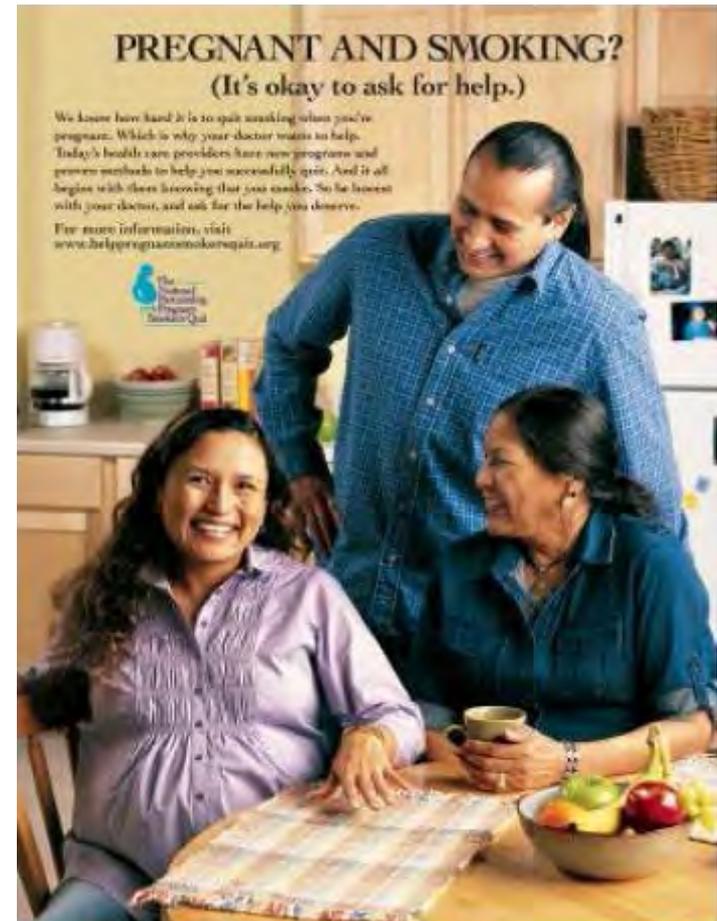


Adapted from Filiano & Kinney 1994.



SIDS Risk Factors

- **Overheating**
- **Alcohol Use**
- **Commercial Tobacco Use**
- **Pregnancy-Related Factors**
- **Sleep Position**
- **Soft Sleeping Surfaces and Loose, Fluffy Bedding**
- **Bed Sharing**





SIDS Risk Factors

Overheating

- **Increases chance baby will sleep too deeply**
- **Can occur if:**
 - Baby is overdressed;
 - Room is too warm; or
 - Baby is covered in too many blankets.
- **Check for signs: sweating, damp hair, flushed cheeks, heat rash, rapid breathing**



SIDS Risk Factors

Alcohol Use (during pregnancy & after baby's birth)

- **One binge episode during first 3 months of pregnancy increases risk of SIDS 8 times.**
- **Any drinking 3 months prior to and during first 3 months of pregnancy increases risk 6 times.**
- **Alcohol use during breastfeeding can cause drowsiness, deeper sleep, weakness, and decreased growth in the infant.**



SIDS Risk Factors

Commercial Tobacco Use (during pregnancy & in baby's living environment)

- **Tobacco decreases growth and function of baby's developing brain, nerves, and organs.**
- **Infants who die of SIDS have higher levels of nicotine in their lungs than infants who die from other causes.**

Source: McMartin, KI, Platt, MS, Hackman, R, Klein, J, Smialek, JE, Vigorito, R, & Koren, G. (2002). Lung tissue concentrations of nicotine in sudden infant death syndrome (SIDS). *Journal of Pediatrics*, 140(2), 205-209.



SIDS Risk Factors

- **Pregnancy-Related Factors**
 - **Not receiving early regular prenatal care**
 - **Preterm labor/birth and low birth weight**



Lowering SIDS Risk

- **Sleep Position**
 - **The most effective action that parents and caregivers can take to lower the risk for SIDS is to always place the baby on his or her back to sleep, for naps and at night.**
 - **Every sleep time counts!**



Lowering SIDS Risk

- **Sleep Surface and Sleep Environment**
 - Firm sleep surface
 - No objects, toys, or loose bedding
 - No crib bumpers
- **Overheating**
 - No more than 1 layer more than what an adult would wear to be comfortable





Lowering SIDS Risk

- **A blanket is not recommended, but if using a blanket, use “feet to foot” method:**
 - **Feet at end of crib**
 - **Blanket tucked under mattress**
 - **Blanket no higher than chest**
 - **Sleep clothing that is appropriate to room temperature**





Lowering SIDS Risk

Alternative Sleep Surfaces*

Basket



Box or Carton



Drawer



Wash Tub



*** Babies should be placed on their backs. No data exists on the safety of these items. Caregivers must be careful about baby turning over and flipping the basket/box.**



Lowering SIDS Risk

- **Choose safe sleep locations.**
- **Use separate sleep area in the same room as parent or caregiver.**





Lowering SIDS Risk

- **Always place baby on his or her back to sleep—for naps and at night.**
- **Never place a baby to sleep or sleep with the baby on an armchair, couch, sofa, or waterbed.**
- **Remove soft items (pillows, toys, quilts, comforters, sheepskins) from the sleep area.**



Lowering SIDS Risk

- **Do not cover the baby with adult bedding.**
- **Do not sleep with baby if you have had alcohol, smoke tobacco, or take drugs or medicines that make you sleepy.**



Lowering SIDS Risk

*** Some health care providers in AI/AN communities suggest these actions *might reduce the risk of accidental suffocation*:**

- **Move bed away from walls and other furniture.**
- **Place mattress low to or on the floor.**
- **Place baby in the area just above where adult heads are in the bed.**
- **Do not allow siblings, other children, or pets in the bed.**

** Remember, though, that the safest option for baby is a sleep area close to but separate from where others sleep.*



Lowering SIDS Risk

- **Breastfeed your baby because it has a protective effect against SIDS.**
- **Give your baby a dry pacifier that is not attached to a string for naps and at night.**





Lowering SIDS Risk

- **Have Public Health Nurse visit the home.**
 - **Aberdeen Area Infant Mortality Study showed that infants were less likely to die of SIDS if their mothers received visits from a Public Health Nurse before and after giving birth.**



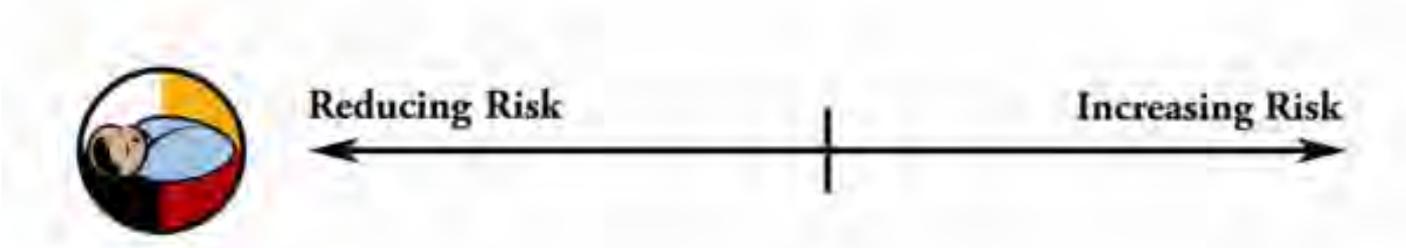


The Following Do Not Reduce the Risk of SIDS

- **These items should be avoided for use to reduce the risk of SIDS.**
 - **Commercial products (e.g., wedges, positioners) that claim to reduce SIDS.**
 - **Home health monitors that claim to reduce the risk of SIDS.**



Risk Reduction



- Risk reduction is a behavioral change concept.
- Individuals make their own choices about what they are willing/able to change.
- Informed choice is our goal.



Remember Tummy Time!

- **Give babies plenty of tummy time when they are awake and someone is watching.**





Understanding the Messages Activity

Workstations:

- Learn how to put information into action:
 - Safe Sleep Environment
 - Risk Continuum





Who needs SIDS education?

- **The Entire Community!**
 - **Parents, Parents-to-Be**
 - **Foster Parents & Families**
 - **Elders, Youth, Other Family and Friends**
 - **Emergency Personnel and Other First Responders**
 - **Hard-to-Reach and Underserved Groups**
 - **Child Care Providers**





Be consistent!

- **It is important to be consistent with your safe sleep messages:**
 - **Same information**
 - **Same messages**
 - **Same images and methods**
- **Why is it important? SIDS risk is 8 times higher when a baby used to sleeping on her/his back is placed on tummy to sleep (even for “just a nap”)!**



Be effective and persistent.

- **Effective:**
 - Using fear, guilt, or shame is usually not effective in sustaining new or desirable behaviors.
 - Focusing on effective actions that people can take to reduce the risk of SIDS is a more effective and respectful tactic.
- **Persistent:**
 - Go to where the people are!
 - Use community outreach services.
 - Provide additional support for those affected by FASD, FAS, or other learning impairments and those who are hard to reach like those who are homeless.





Thank You for Your Efforts to Spread Safe Sleep Messages in Native Communities!





Resources:

<http://www.nichd.nih.gov/sids>



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Optional Activity

The following slides demonstrate how to use the Toolkit Disk.



Healthy Native Babies Project Toolkit





Healthy Native Babies Project Toolkit

Save Print Export Close Help Exit

1 Select a Native Language

To use a native language in your document, select it below. If you do not wish to use a native language, select "None".

None

2 Select a Document Type

Brochure Flyer Postcard Poster

Brochure Flyer Postcard Poster

3 Select an Existing Document, or Start from Scratch

OR

Start from Scratch



Healthy Native Babies Project Toolkit

Save Revert Export Close Side 1 Side 2 Help Exit

Babies sleep safest on their backs.
One of the easiest ways to lower your baby's risk of SIDS is to put him or her on their back to sleep, for naps and at night. Placing your baby on his or her back to sleep is the number one way to reduce the risk of SIDS.

Q. But won't my baby choke if he or she sleeps on his or her back?
A. No. Healthy babies automatically swallow or cough up fluids. There has been no increase in choking or other problems for babies who sleep on their backs.

Always place your baby on his or her back to sleep.

Safe Sleep For Your Baby
Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

Spread the word!
Make sure everyone who cares for your baby knows the safe sleep recommendations! Tell family members, grandparents, baby sitters, child care providers, and other caregivers to always place your baby on his or her back to sleep to reduce the risk of SIDS. Babies who usually sleep on their backs and are placed on their stomachs even for a nap are at very high risk for SIDS—so every sleep time counts!

Enjoy your baby!

Fact Facts About SIDS

- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- All babies younger than 1 year of age are at risk from SIDS. The highest SIDS risk is for babies younger than 6 months.
- American Indian/Alaska Native babies are nearly 3 times as likely to die of SIDS as white babies.
- You can reduce the risk of SIDS in your family!

For more information on sleep position for babies, reducing the risk of SIDS, or the Healthy Native Babies Project, contact the Back to Sleep campaign at:
Phone: 1-800-505-CRIB (2742) (TTY: 1-888-320-6842)
Mail: 31 Center Drive, 312A32, Bethesda, MD 20892
Fax: 1-866-760-5347
E-mail: NICHInformationResourceCenter@mail.nih.gov
Web site: <http://www.nichd.nih.gov/SIDS>

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institute of Health
Eunice Kennedy Shriver National Institute of Child Health and Human Development



Healthy Native Babies Project Toolkit

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What is SIDS?

SIDS stands for Sudden Infant Death Syndrome. This term describes the unexplained sudden death of an infant younger than 1 year of age.

There is no 100-percent effective way to prevent SIDS, but there are ways to reduce the risk.



What should I know about SIDS?

Health care providers don't know exactly what causes SIDS, but they do know:

-  **Babies sleep safest on their backs.** Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.
-  **Sleep surface matters.** Babies who sleep on or under soft bedding are more likely to die of SIDS.
-  **Every sleep time counts.** Babies who usually sleep on their backs but who are then placed on their stomachs, such as for a nap, are at very high risk for SIDS. So it's important for everyone who cares for your baby to use the back to sleep position for naps and at night.



Communities across the nation have made great progress in reducing SIDS!

Since the Back to Sleep campaign began in 1994, the SIDS rate in the United States has declined by more than 50 percent.

What can I do to lower my baby's risk of SIDS?

Here are 11 ways that you and others who care for your baby can reduce the risk of SIDS.

- 1. Always place your baby on his or her back to sleep, for naps and at night.** The back sleep position is the safest and every sleep time counts, even naps.
- 2. Place your baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet.** Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- 3. Keep soft objects, toys, and loose bedding out of your baby's sleep area.** Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your baby's sleep area and keep all items away from your baby's face.
- 4. Do not smoke during pregnancy and do not allow smoking around your baby.**
- 5. Do not drink alcohol while you are pregnant or breastfeeding.** Alcohol use during pregnancy is a known cause of physical and mental problems and increases SIDS risk. There is no known safe level of alcohol use during pregnancy and breastfeeding.
- 6. Think about using a clean, dry pacifier when putting the baby to bed, but don't force the baby to take it.**
- 7. Keep your baby's sleep area close to but separate from where you and others sleep.** Your baby should not sleep on a couch or armchair with adults or other children, but he or she can sleep in the same room as you.
- 8. Do not let your baby overheat during sleep.** Dress baby in light sleeping clothing, and keep the room at a temperature that is comfortable for an adult.
- 9. Avoid products that claim to reduce the risk of SIDS.** Most products have not been tested for effectiveness or safety.
- 10. Reduce the chance that flat spots will develop on your baby's head.** Provide "Tummy Time" when your baby is awake and someone is watching; change the direction that your baby faces in the crib; and avoid too much time in car seats, carriers, and bouncers.
- 11. Invite a Public Health Nurse (PHN) into your home.** Visits from a PHN improve infant outcomes and reduce SIDS risk.



Your baby needs Tummy Time! Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps prevent flat spots on the head.



Healthy Native Babies Project Toolkit

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Ma'heone ka'leshkoneho

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)



SIDS is the leading cause of death in infants between 1 month and 1 year of age. Even though there is no way to know which babies might die of SIDS, there are ways to reduce the risk of SIDS.

- Always place a baby on his or her back to sleep, for naps and at night. Every sleep time counts.
- Place babies on a firm sleep surface, such as a safety-approved® crib mattress covered with a fitted sheet.
- For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-633-2772 or <http://www.cpsc.gov>.
- Remove soft, fluffy, and loose bedding and stuffed toys from the baby's sleep area.
- Do not smoke during pregnancy and do allow smoking around your baby.
- Do not drink alcohol when pregnant or breastfeeding.
- Keep baby's sleep area close to but separate from where others sleep—sharing a room with baby can reduce the risk of SIDS.
- Think about using a clean, dry pacifier when putting baby to bed, but don't force the baby to take it.
- Don't let the baby overheat during sleep. Use light sleep clothing only.
- Reduce the chance that flat spots will form on your baby's head. Provide Tummy Time when the baby is awake and someone is watching; change the direction the baby faces in the crib; and avoid too much time in car seats and carriers.
- Invite a Public Health Nurse (PHN) to visit your home.

This information is provided by the Healthy Native Babies Project—a collaboration between the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and the Healthy Native Babies Project Workgroup, which includes representatives from Tribes within the following Indian Health Service Areas: Aberdeen, Alaska, Billings, Bemidji, and Portland.

For more information about SIDS, reducing SIDS risk, or the Healthy Native Babies Project, contact the Back to Sleep campaign at: 1-800-525-CRIB (2743) or <http://www.nichd.nih.gov/SIDS>

Eunice Kennedy Shriver National Institute of Child Health and Human Development
National Institutes of Health
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

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Children are Sacred

Ma'heone ka'eškoneho

Babies Sleep Safest on Their Backs.
Always put your baby on his or her back to sleep, both for naps and night, to reduce the risk of Sudden Infant Death Syndrome (SIDS). Health care providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die of SIDS when they sleep on their backs.

Placing your baby on his or her back to sleep is the number one way to reduce the risk of SIDS.

Q. But won't my baby choke if he or she sleeps on his or her back?
A. No. Healthy babies automatically swallow or cough up fluids. There has been no increase in choking or other problems for babies who sleep on their backs.

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Babies sleep safest on their backs.

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Healthy Native Babies Project Toolkit

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Ma'heone ka'eškoneho
(Sudden Infant Death Syndrome)

- Always place your baby on his or her back to sleep, for naps and at night.
- Avoid products that claim to reduce the risk of SIDS.
- Place your baby on a firm sleep surface, such as a safety-approved crib.
- Remove soft objects, toys, and loose bedding from the baby's sleep area.
- Don't smoke during pregnancy and don't allow smoking around your baby.
- Don't drink alcohol when you are pregnant or breastfeeding.

You can reduce the risk of SIDS for your baby!

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Thank you!

