

safe sleep heroes

First Year
Cleveland

This training module includes potentially triggering content, including infant loss. The MetroHealth System and First Year Cleveland believe in the importance of this training but acknowledge that it may be difficult for some audience members.

Please, if you feel you are disturbed by this content, contact your wellness center, supervisor, or human resources department about resources available to you.

Safe Sleep saves lives

This training will teach how:

you can help keep babies safer

you can make a safe sleep space for any baby

you can share the message





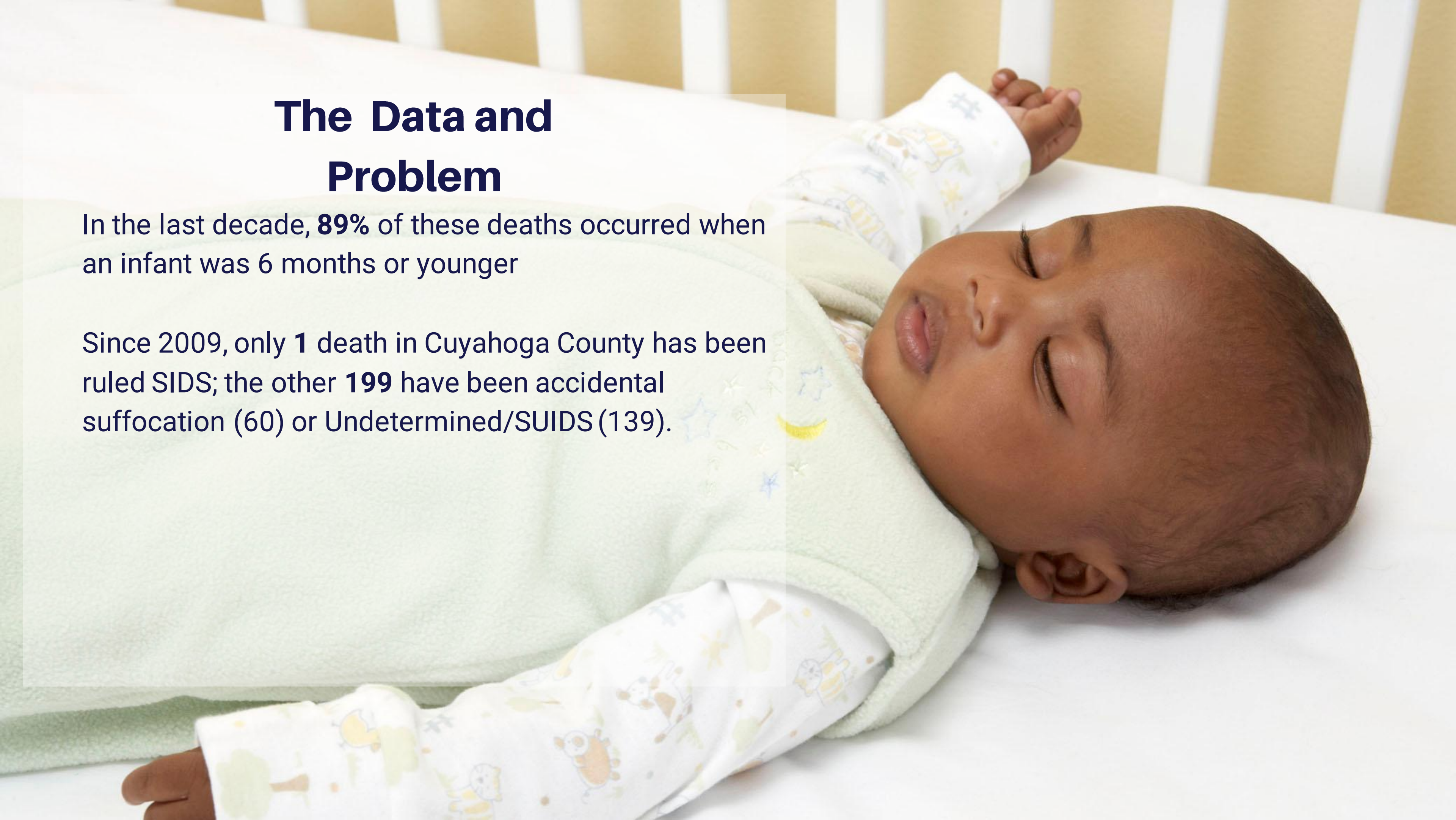
Annually, we lose an average of 20 babies to preventable, sleep related deaths in Cuyahoga County.

That is a whole kindergarten class.

The Data and Problem

In the last decade, **89%** of these deaths occurred when an infant was 6 months or younger

Since 2009, only **1** death in Cuyahoga County has been ruled SIDS; the other **199** have been accidental suffocation (60) or Undetermined/SUIDS (139).





Safe Sleep: Easy to remember with **ABCD**

Alone

On their **B**ack

In a naked **C**rib.

Don't Smoke.

Alone

Bed-sharing is *NOT* recommended for *ANY* baby

That means no parents, siblings, or pets

Babies should always sleep on their own separate sleep surface

Share the room, not the bed



Alone

Preventable, sleep related deaths where baby was surface sharing:

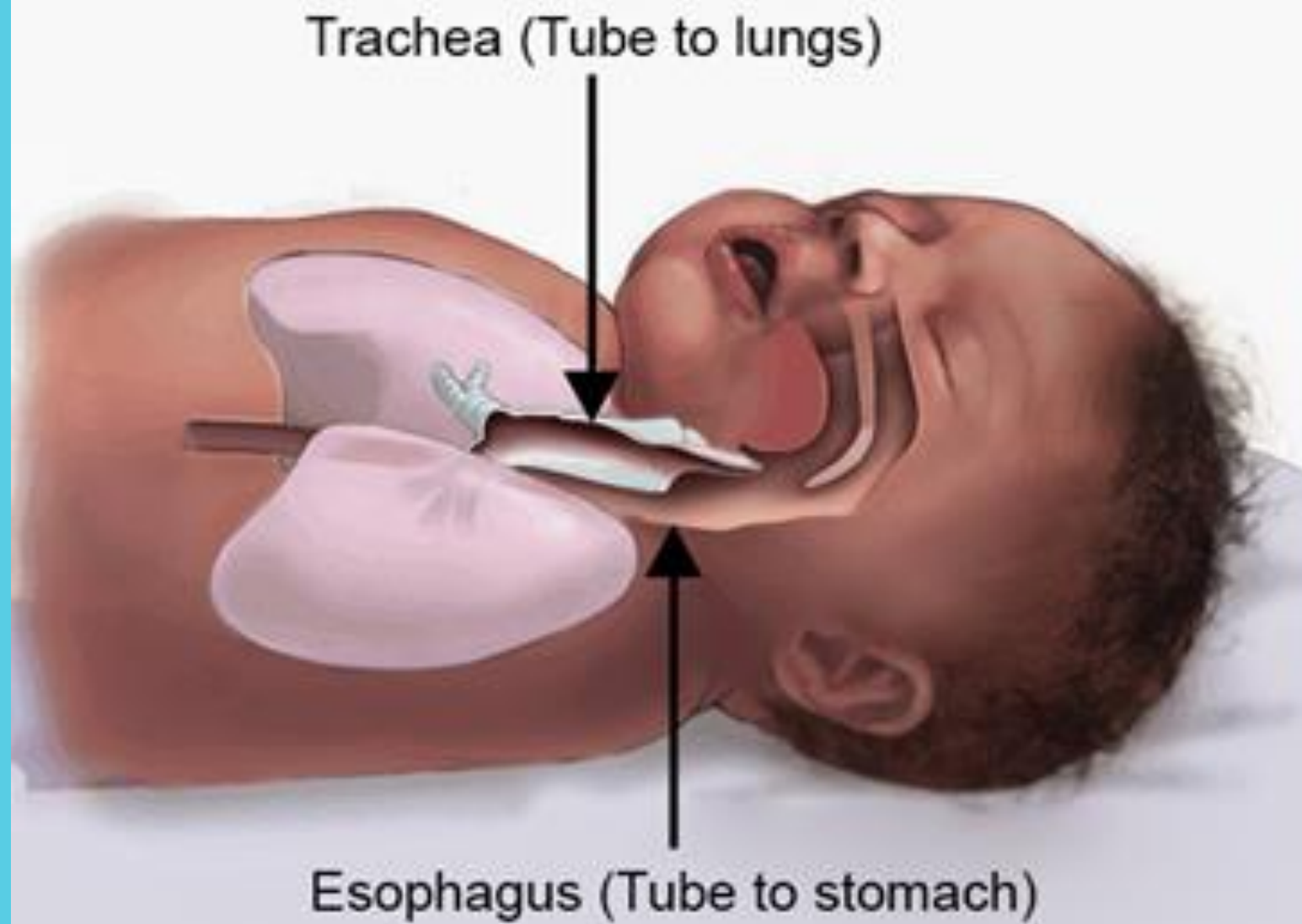


→ In the past decade, 15 deaths occurred when babies were not at home. Follow the **ABCDs** of Safe Sleep everywhere, and let others who may put your baby to sleep know the **ABCDs** as well.

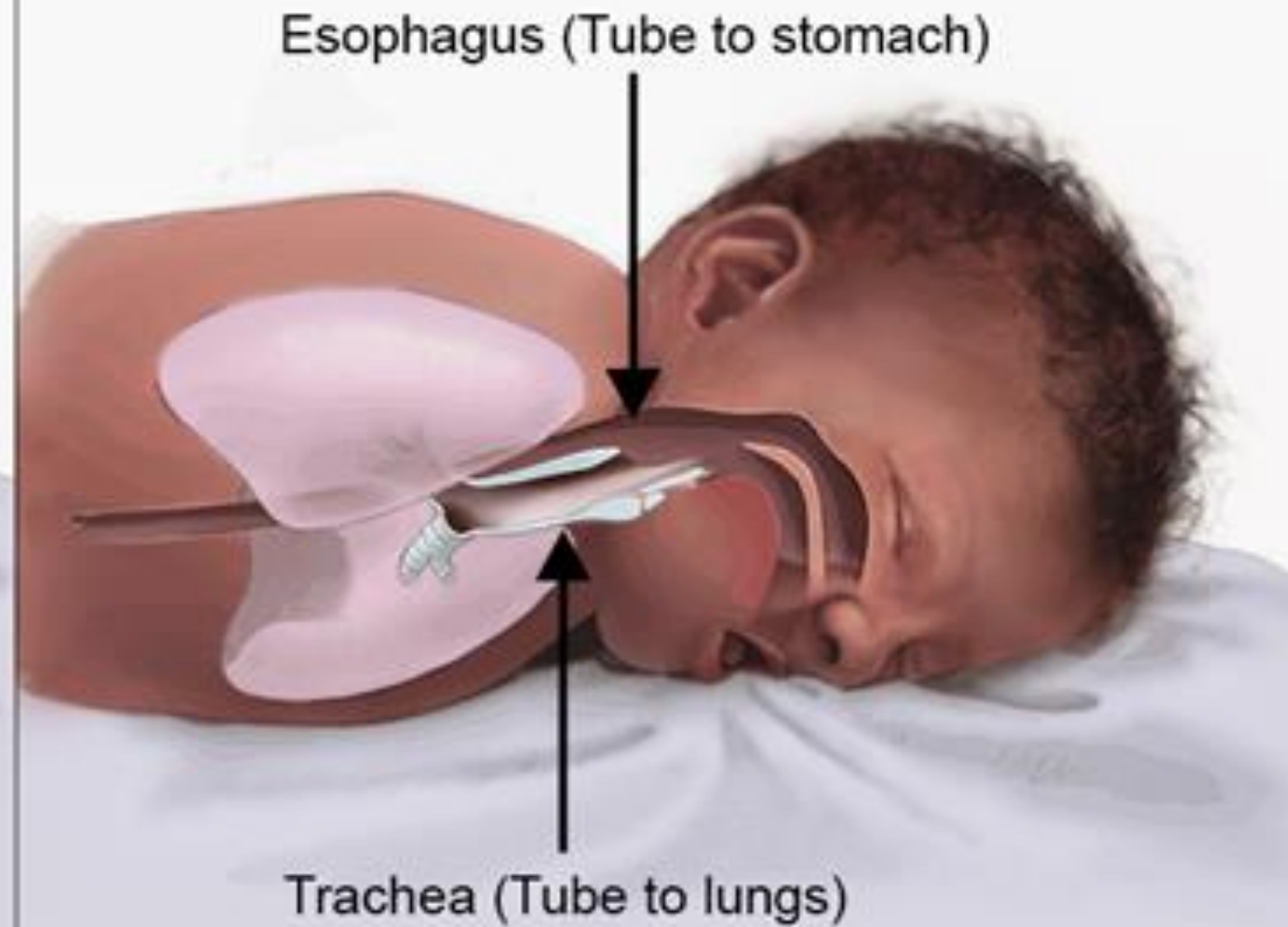
Babies should ***always sleep alone***, without sharing a surface with parents, grandparents, siblings, or pets.

On their **B**ack

Baby in the back sleeping position



Baby in the stomach sleeping position



On their **Back**

Healthy babies swallow or cough up spit up, your baby is less likely to choke on their back

Even when babies can roll over on their own, place them to sleep on their backs. If they roll over you do not need to move them to their back, but be sure the crib does not have blankets, toys, loose clothing, or any other items.

Remember, when baby starts rolling, it is no longer safe to swaddle.



On their **Back**

6

babies under 4 months died in a sitting device (such as a swing or car seat sitting in the house), due to probable airway collapse between 2008 and 2017.

It is not recommended to let babies under 4 months sleep in a sitting device.

2009-2018, 41% of babies who died from preventable, sleep related causes were not placed on their backs.

Babies are less likely to choke if placed to sleep on their backs than in any other position.

In a naked Crib

Use a firm mattress covered only by a fitted sheet;
soft mattresses are dangerous for infants and
increase the risk of sleep related death

No blankets, pillows, bumper pads, toys,
corded/strung pacifiers, etc

Baby gear like car seats, swings, and strollers are not
meant for unsupervised or routine infant sleep



In a naked Crib

From 2009-2018, in Cuyahoga County



9

babies had a Boppy pillow in their sleep space



7

babies died on an air mattress



100%

have had some type of soft bedding in the sleep area—that is *every single* baby who died from a preventable, sleep related death.



76%

had a crib, portable crib, or bassinet available.

Don't smoke

Secondhand smoke puts every baby at risk.

We know chemicals from cigarettes build up in a part of a baby's brain that helps them wake up.

No smoking or vaping is safe around a baby or in their environment.



Don't smoke



in 2018, 84% of the babies who died from sleep related causes had a caregiver who smoked



in the past 10 years, 71% were exposed to smoke



No one should smoke or vape while pregnant, and no one should smoke or vape around a baby or in their environment. Smoke and the chemicals in it build up on walls, furniture, in clothes or hair— and all of it can harm a baby.



**Breastfeeding is a
protective factor.**

A close-up photograph of a woman with dark, wavy hair, smiling warmly as she looks down at a baby. The woman is wearing a white top. The baby is partially visible at the bottom of the frame, wrapped in a white cloth. The background is softly blurred, showing green foliage and a wooden chair, suggesting an indoor setting with natural light.

While feeding breast milk only in the first 6 months is most beneficial, **any amount of breastmilk** reduces a baby's risk of SIDS.

Any breastfeeding for more than the first 2 months can cut the risk by half

Even with breastfeeding, it is still important to follow the **ABCDs**.

Pacifiers while sleeping are also linked to a lower risk of SIDS, but should only be used after breastfeeding is well established, generally after about 3-4 weeks.



What can you do?





Be an advocate for your baby or the babies you know.

Talk to parents and other caregivers about the **ABCDs**. Support families in starting these conversations.

Be sure to follow the **ABCDs** for every nap and every night in your own life and encourage others to do the same.

Have a safe sleep plan.

Stop smoking and encourage others to do so.

Be willing to be uncomfortable. Safe Sleep can be hard. Your baby is worth it.

With sincere thanks to the following, on whose work this training is based:

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