

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, you do not need to finish the training. This training is optional but it can save lives!

First Year Cleveland

Convenes stakeholders from all sectors of the community to address infant mortality in Cuyahoga County

The goal of First Year Cleveland is to work with local groups to tackle the reasons why it is difficult for some babies to survive until their first birthdays.

Three areas of focus we are working on:

Addressing Extreme Prematurity; Eliminating Sleep-Related Death; Reducing Racial Inequities



Safe Sleep Saves Lives

This training will teach how:

you can help keep babies safer

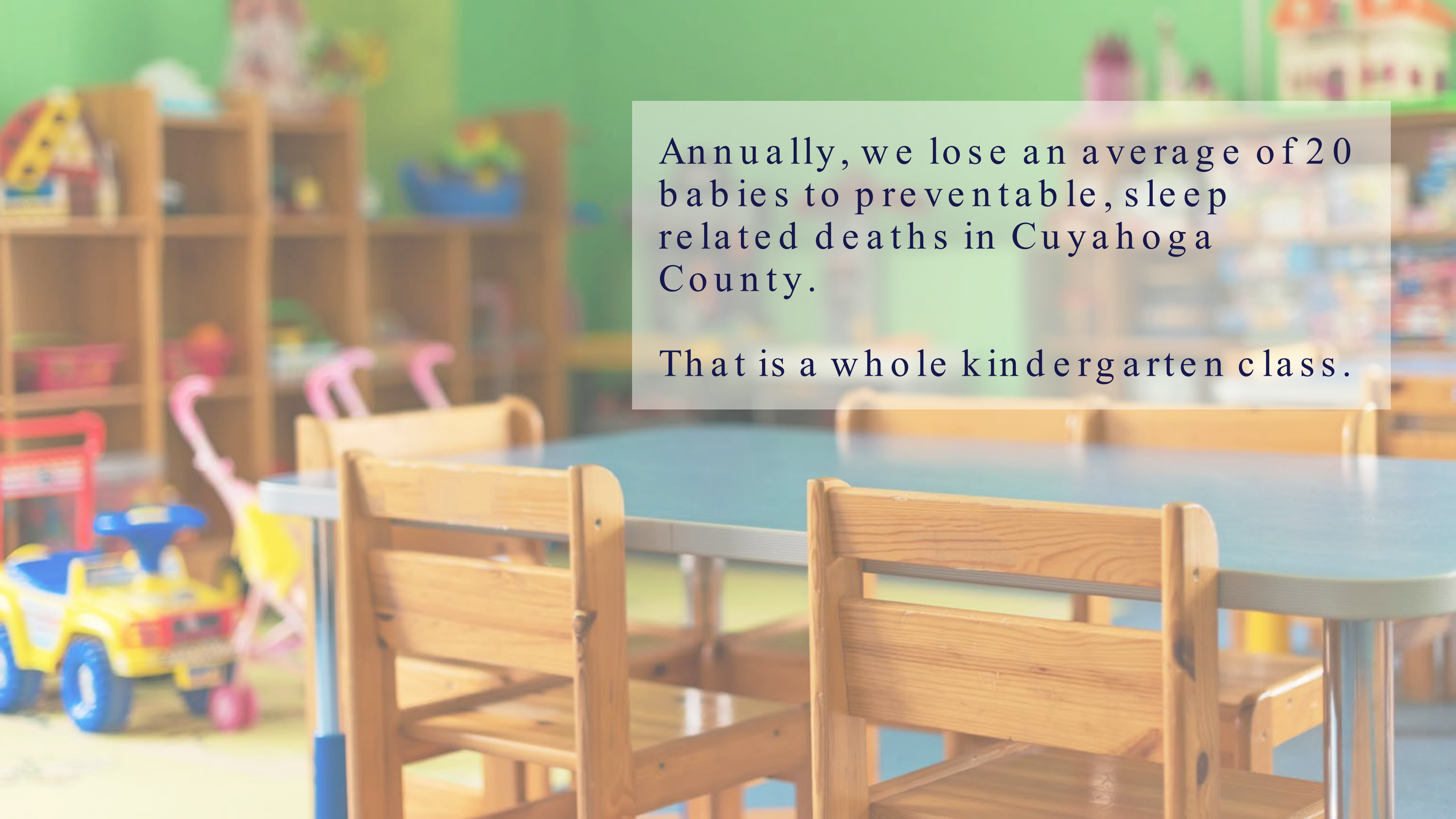
you can make a safe sleep space for any baby

you can share the message



The Data and Problem





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

That is a whole kindergarten class.

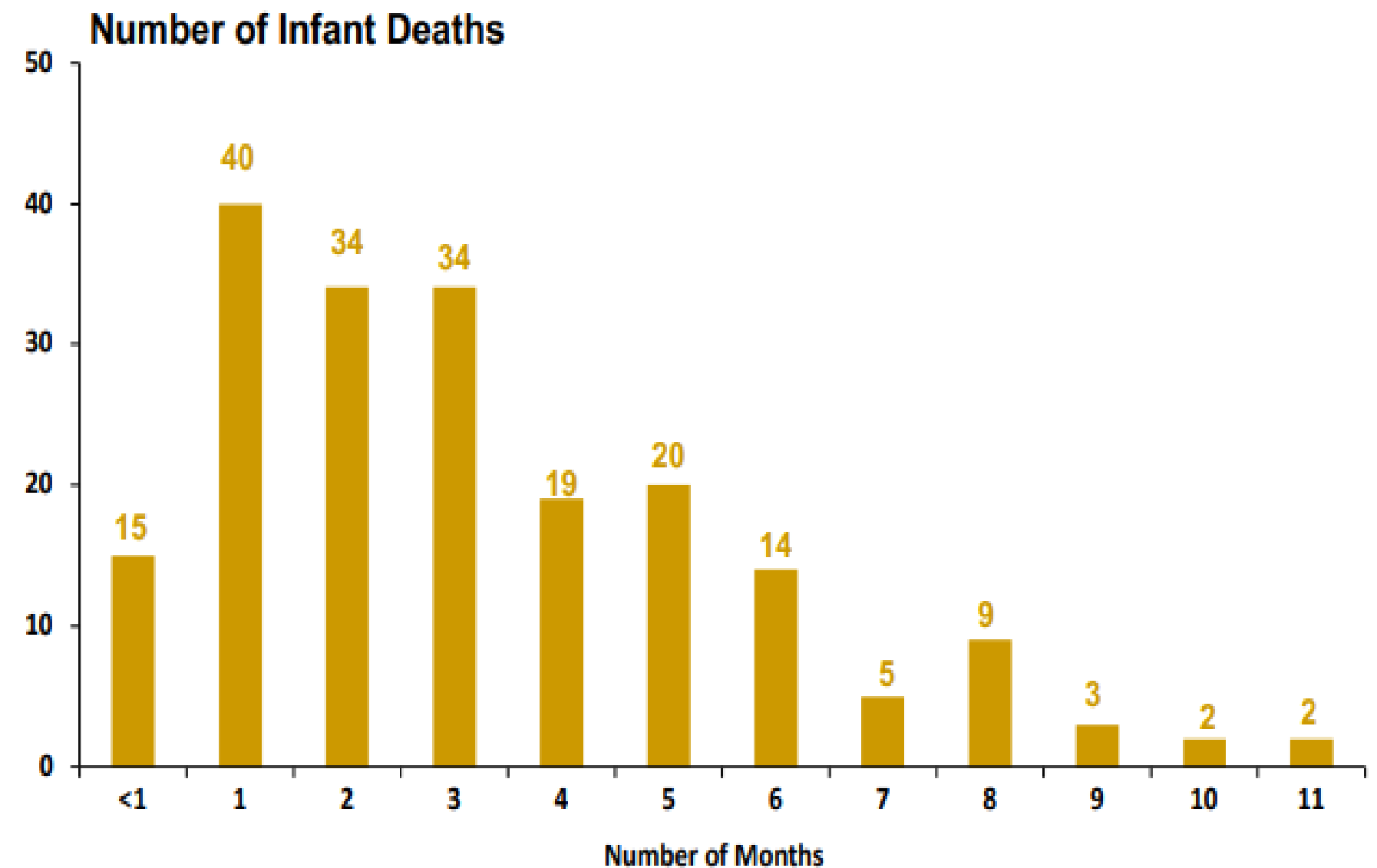
2012-2021 Data

197 infants died from sleep-related causes.

Almost half were ruled suffocation deaths

89% occurred when an infant was 6 months or younger, and 55% happened in the first 3 months.

2012-2021 Sleep-Related Deaths by Age of Infant [n=]197





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

Alone
On their **B**ack
In a naked
Crib.
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:

2012- 2021



65%

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

On their Back

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

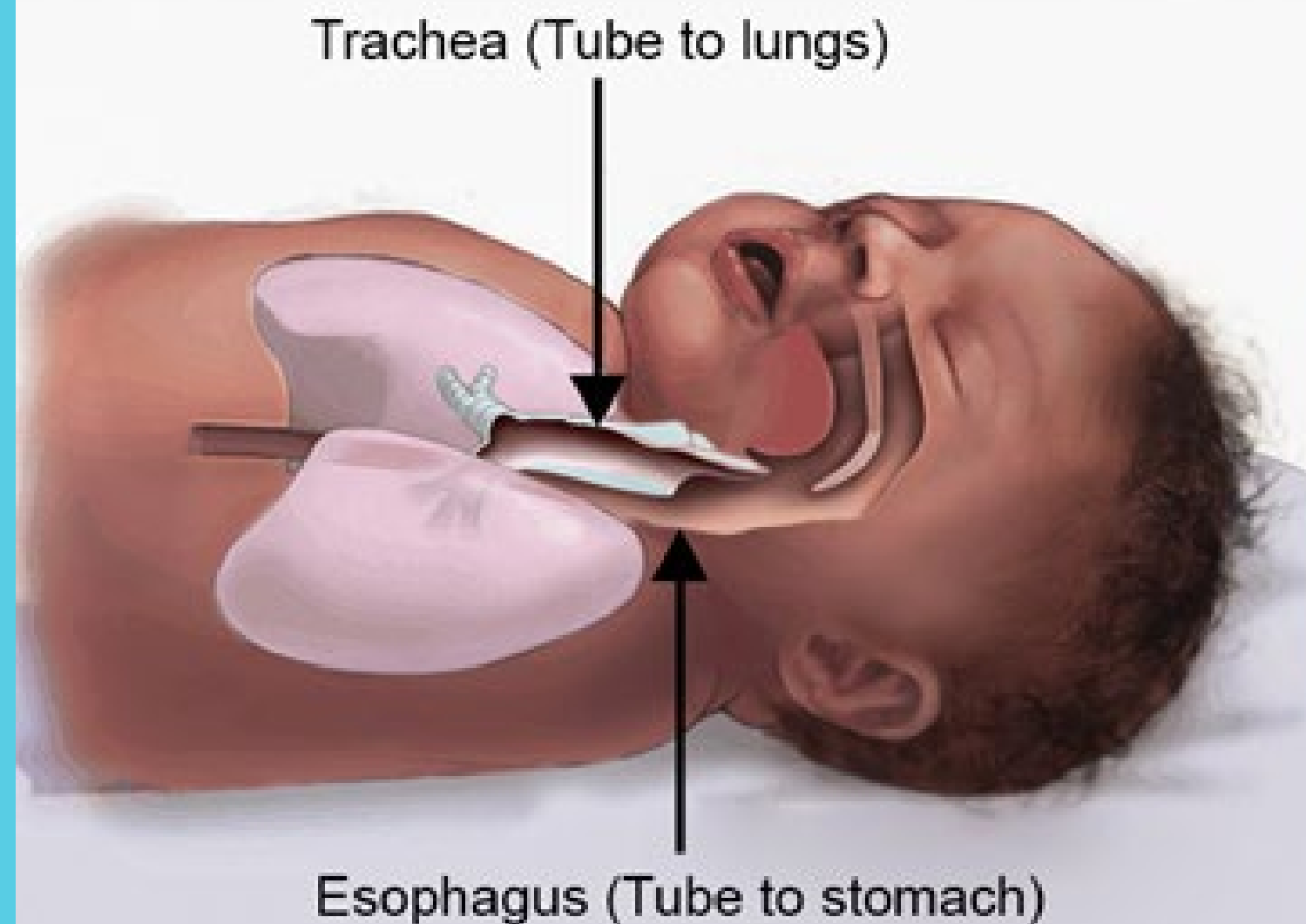
Even when babies can roll over on their own, place them to sleep on their backs. If they roll over you do not need to move them to their back, but be sure the crib does not have blankets, toys, loose clothing, or any other items.

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

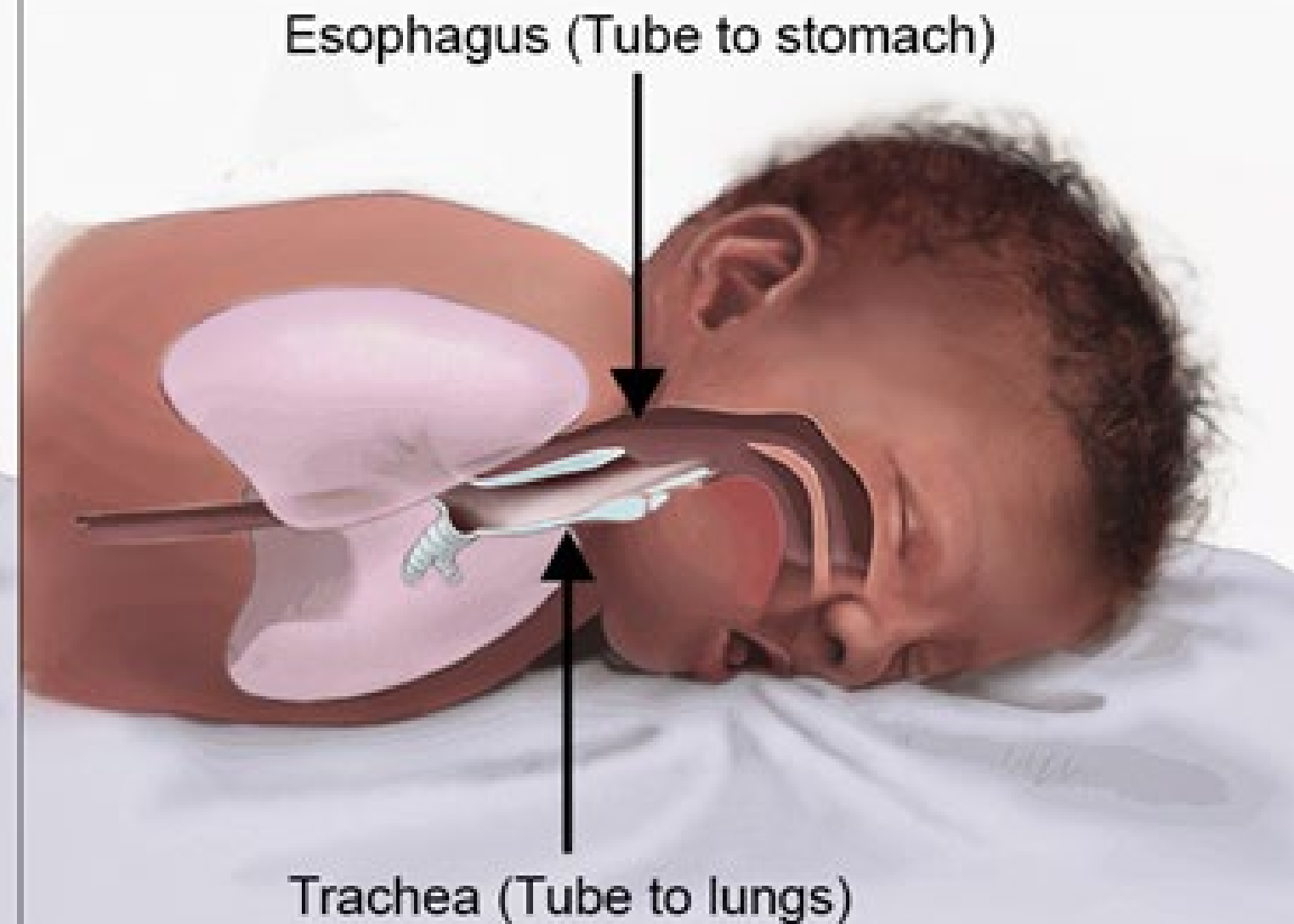


On their **B**ack

Baby in the back sleeping position



Baby in the stomach sleeping position



If a baby is on their back and spits up, the spit up can be swallowed back down. If a baby is on their stomach and spits up, the spit up drops into their airway because of gravity pulling it into the trachea now positioned below the esophagus.

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



In a naked Crib

90%

Of the babies who died in the last 10 years had extra bedding in their sleep space.



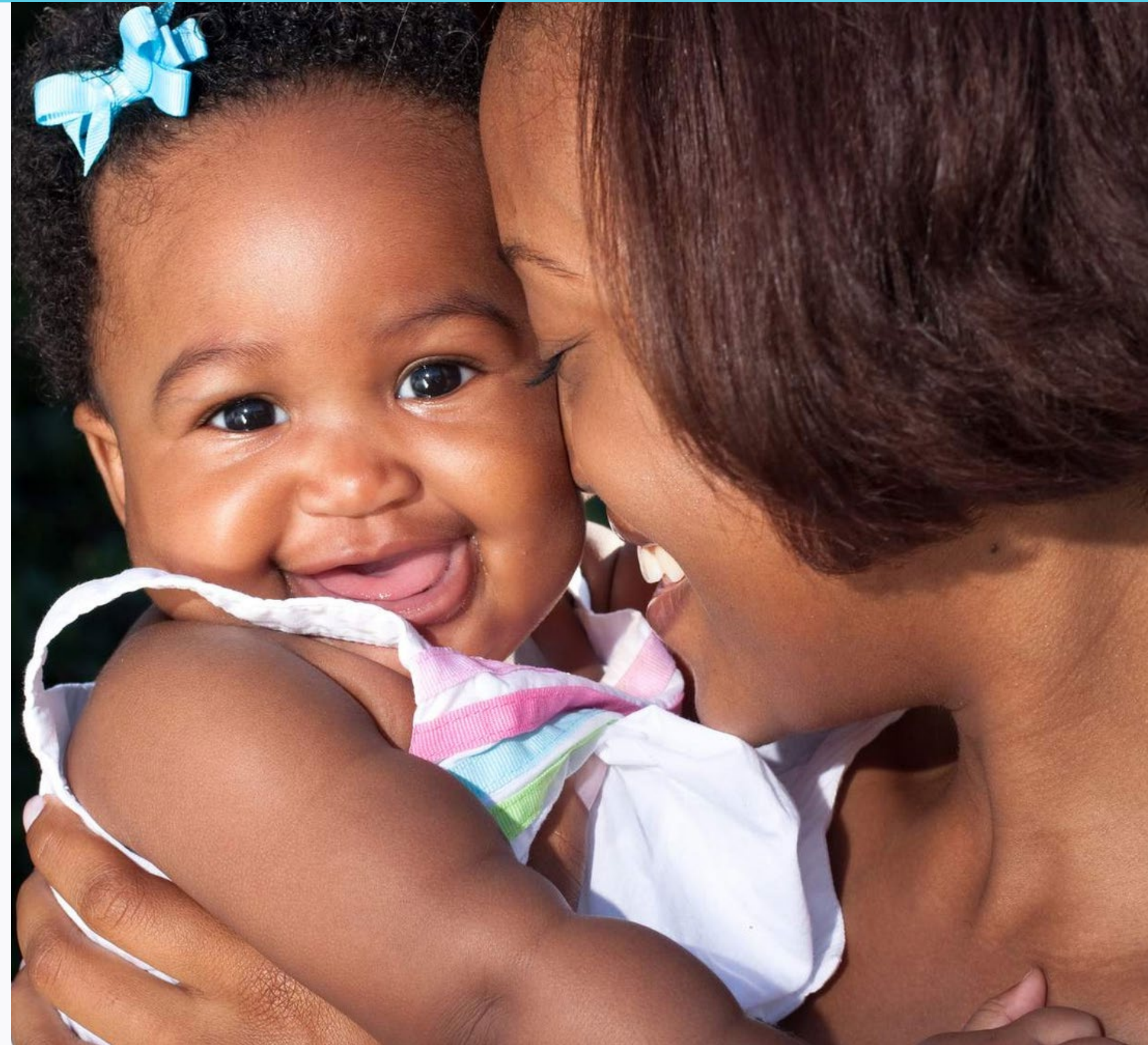
More than three-quarters of the babies were in unsafe sleep locations such as couches, adult beds, air mattresses, or sitting devices even though over two-thirds of them had cribs.

At least one baby every year has a suffocation death on a Boppy Pillow

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.



Don't smoke

75%

Of babies that had a sleep related death in the past decade had parental smoke exposure.

80%

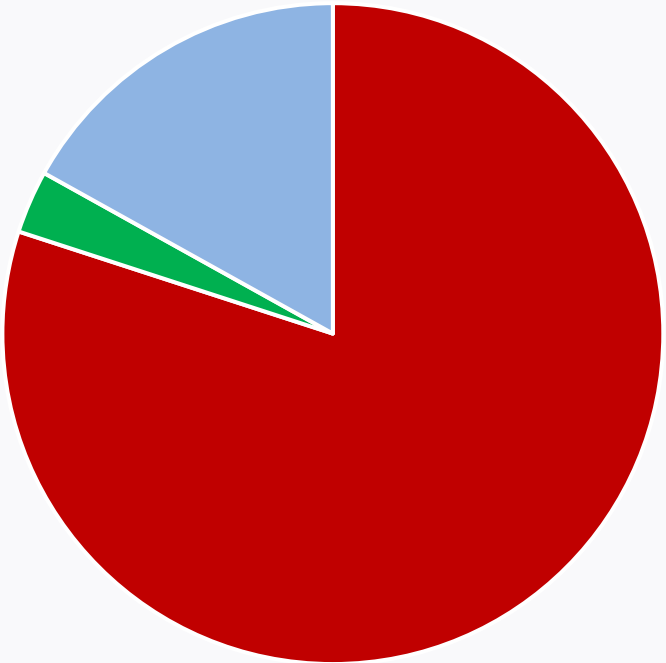
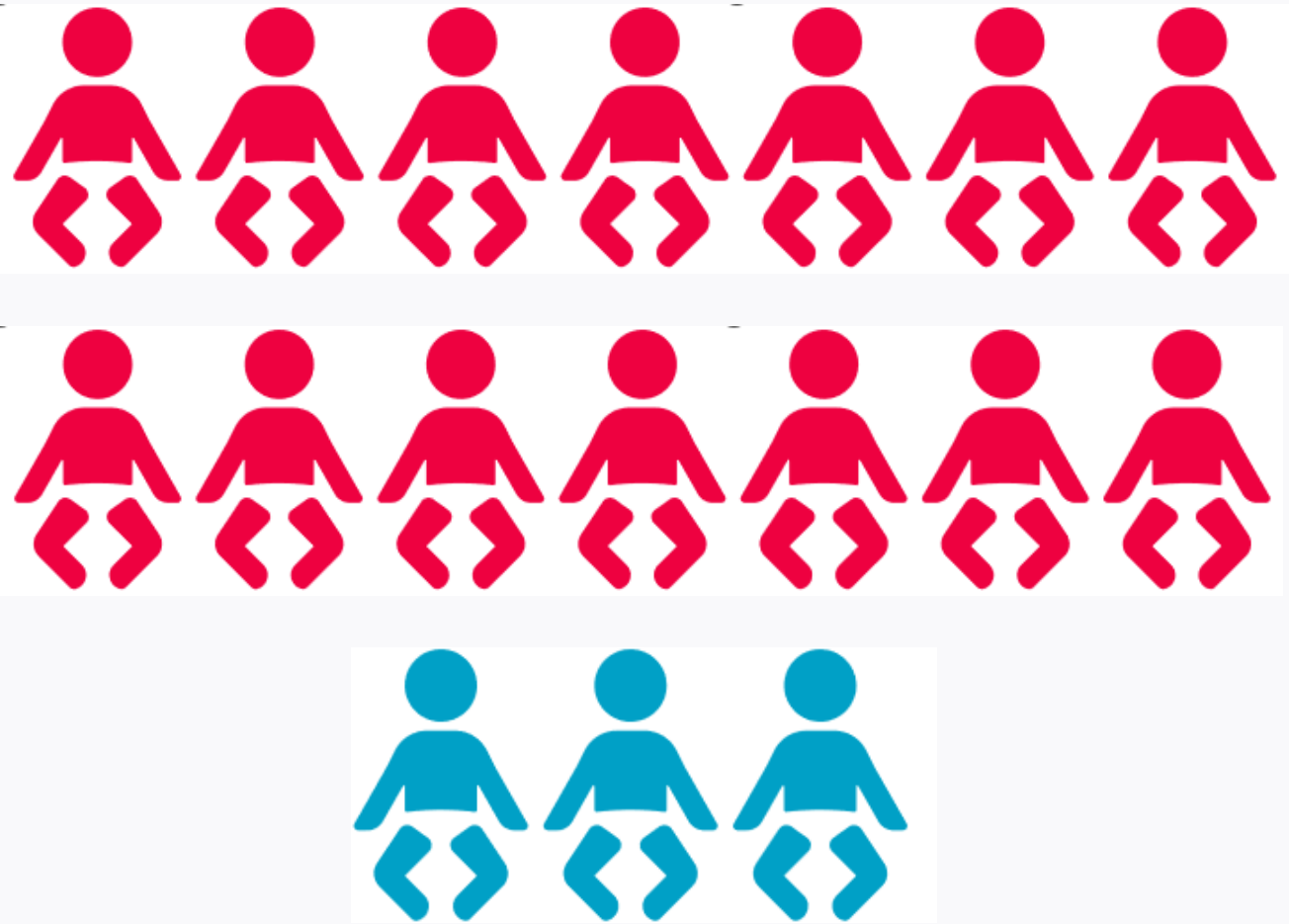
Of babies that had a sleep related death in the last five years had smoke exposure.



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.

In 2021, 14 of the 17 babies who suffered a sleep related death were Black



- Black non-Hispanic
- Hispanic
- White non-Hispanic

Nearly 80% of the babies who died in the past decade have been Black

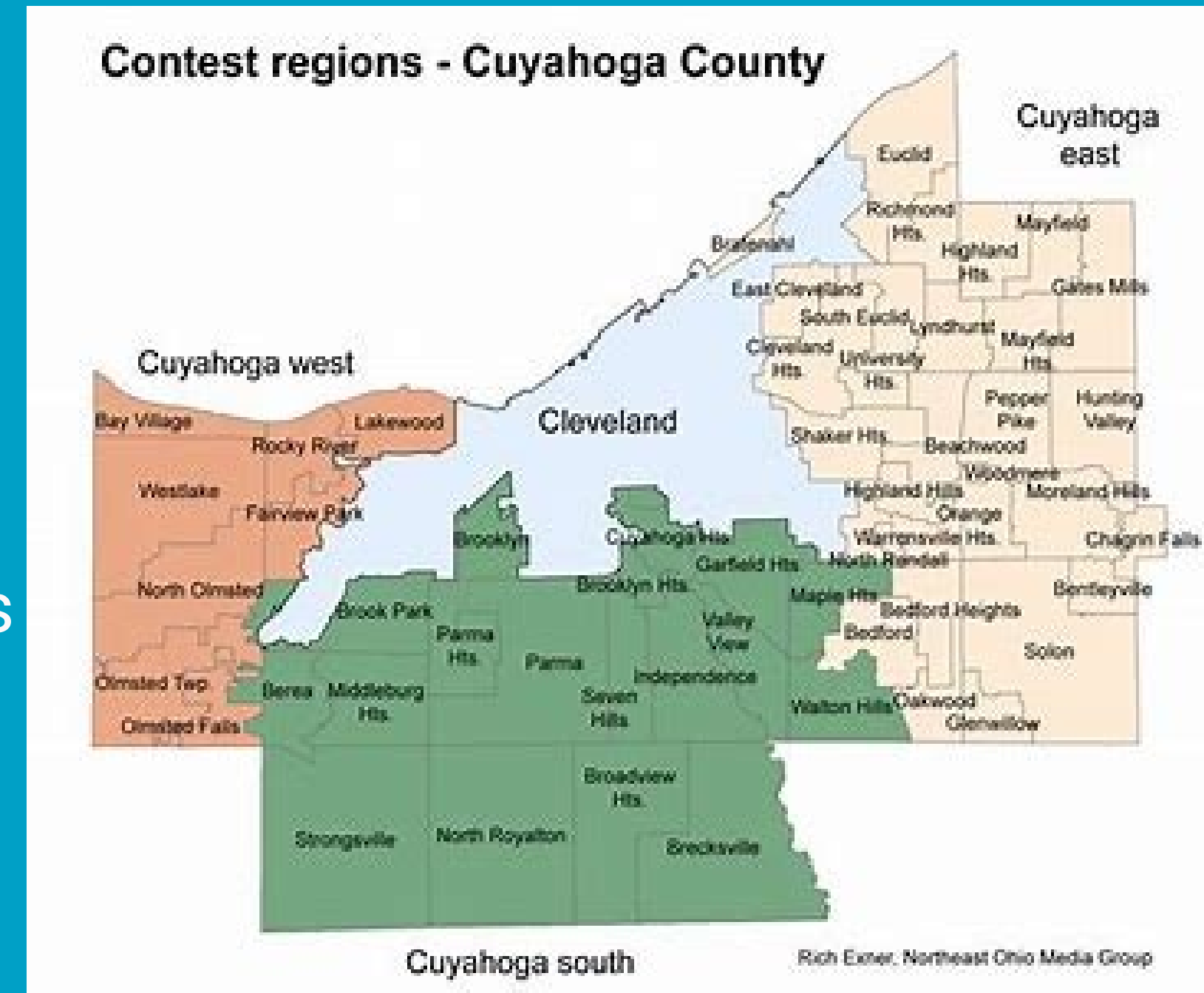
2022 Updates

20 sleep related deaths all with hazards in the sleep area

12 babies were on a bed or air mattress

70% of deaths were City of Cleveland residents

New Finding- Increased deaths where temperature of house was above 75 degrees
Ideal Temperature is 68-72



A close-up photograph of a Black woman with short, curly hair, wearing a white tank top and gold hoop earrings, breastfeeding her baby. The baby is lying on its back, wearing a white long-sleeved shirt. The woman is looking down at the baby with a gentle expression. The background is a light-colored, textured surface, possibly a couch or bed.

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.

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

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** of Safe Sleep

Alone, Back, Crib (or pack and play or bassinette), Don't smoke

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

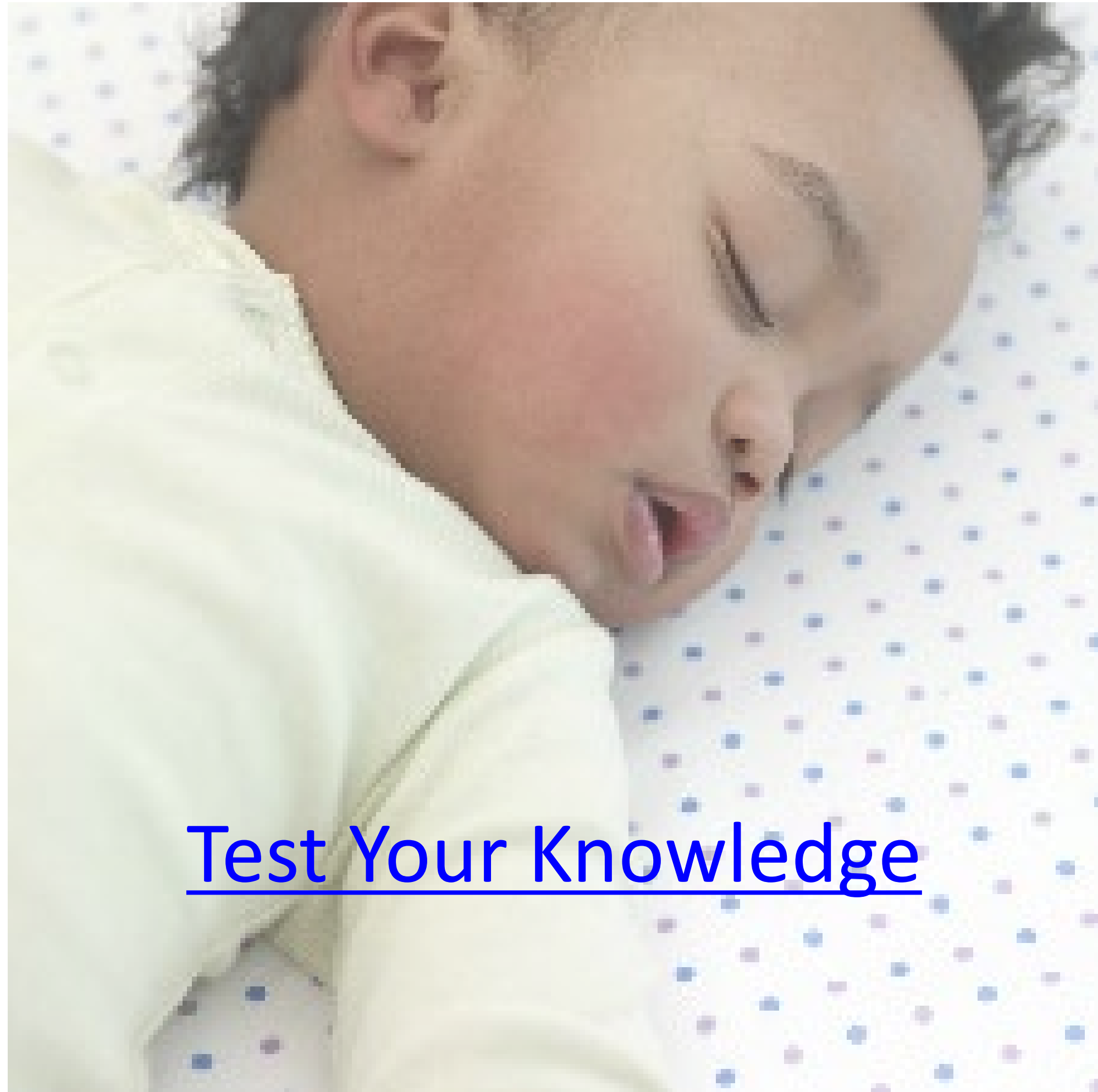
Formula fed babies may introduce pacifiers as soon as family wishes.






What can you do?

Since August 2018, over 18,000 people have been trained as Safe Sleep Heroes.



[Test Your Knowledge](#)



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 whether you are home or somewhere else visiting or vacationing.

Have a safe sleep plan.

Stop smoking and encourage others to do so.

Be willing to speak up. Your baby is worth it.

Other ways to
make a difference



Be a champion in your community

- Conversation
 - Use our conversation guide
- Education
 - Know, do, and share the **ABCDs**
 - Use our toolkits or share our safe sleep training video, available online at firstyearcleveland.org
- Quit smoking and encourage others to quit.
 - The Ohio Department of Health Tobacco Quit Line can help, 1-800-QUIT-NOW
- Check on and support pregnant neighbors, parents with infants, and breastfeeding mothers

ABCD. Know it. Do it. Share it.

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

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