

Sleep Safely Baby...in the crib + car



Yolanda Guitar's four month old son died in 2004 when he was placed on his tummy to sleep by a baby sitter for the first time. This tragedy fuels Yolanda's passion about Safe Sleep + preventing SIDS. She has been giving workshops to new and expecting moms, baby shows, nursing conferences and has trained all of the Catholic Children's Aid staff on safe sleep. She created Canadian Infant Safe Sleep Project to be able to take this important message to everyone that cares for a child, so that no parent will have to live with the pain of loosing a child. Yolanda has contributed to this bulletin. Contact Yolanda at CISSP@bell.net

Each week, three babies die of Sudden Infant Death Syndrome (SIDS) in Canada. SIDS refers to the sudden and unexpected death of an apparently healthy baby under one year of age. Such deaths usually occur while the child is sleeping and remain unexplained even after a full investigation. Nobody knows how to prevent SIDS. Until the cause or causes of SIDS are found, research can only show us how to reduce the risks.

No to bassinets + bumper pads

Bassinets are not regulated nor recommended by Health Canada - only cribs and cradles are.

Health Canada does not recommend the use of bumper pads in cribs because they pose an entanglement, entrapment, strangulation, and suffocation hazard to infants.

The presence of bumper pads in a crib may also be a contributing factor for Sudden Infant Death Syndrome (SIDS). These products may reduce the flow of oxygen rich air to the infant in the crib. Furthermore, proposed theories indicate that the rebreathing of carbon dioxide plays a role in the occurrence of SIDS. The Canadian Paediatric Society, the Canadian Institute of Child Health, and the Canadian Foundation for the Study of Infant Deaths have also issued statements advising against the use of bumper pads.

10 Safe Sleep tips for Babies

1. Babies sleep safest on their backs.
2. Babies are safest alone on a firm sleep surface, such as a safety approved crib mattress with a fitted sheet. Do not place baby on an adult bed, sofa, futon, pillows, quilts, water beds, air mattresses, memory foam, or other soft surfaces. Prolonged sleeping in car seats is not safe.
3. Keep soft objects, toys and blankets out of your baby's sleep area - a wearable blanket or sleep sack is recommended. Do not use bumper pads or sleep positioners.
4. Do not allow smoking around your baby, and if someone that has been smoking wants to hold the baby ask that they wash their hands and face first.
5. Keep you baby's sleep area close to, but separate from where you sleep - crib in your room for first 6 months.
6. Breast-fed babies may have reduced risk of SIDS.
7. Do not let your baby overheat during sleep. Dress your baby in light sleep clothing at a comfortable temperature for an adult (20-22 degrees Celsius)
8. Do not use home monitors that claim to reduce SIDS risk.
9. Allow "tummy time" when baby is awake and supervised to help them develop strong neck and shoulder muscles.
10. With cooler weather approaching remember to take off baby's extra blankets and coats when indoors [at the mall and when driving for long periods of time]. Bunting bags and snow suits not recommended in car seats also.

Tell EVERYONE that cares for your baby about these tips.

first aid/ wellness scenario #14

Answers next bulletin

- ? 1. How can you be carry or keep first aid items closeby + available?
2. Name 5 items that are essential in a car kit?

Answers to last 2HEALTH Bulletin's scenario #13:

1. Three drowning prevention tips: supervise alswas around water, use PFDS/ lifejackets, no water wings, swimming lesson, gates around pools
2. Swim to Survive program skills taught:
ROLL into deep water
TREAD for 1 minute
SWIM 50 metres

few more comments...

- > SIDS and suffocation are not the same thing
- > The Canadian Pediatric Society advises parents not to use car seats for nap time for their children. The safest place for a sleeping child is in its crib, stretched on its back.
- > speak with your health care practitioner who is current with the research on this topic to discuss your specific situation and concerns
- > there are certainly other 'opinions' out there on this topic. 2HEALTH's position: be informed, prevention-focused and conservative when it comes to children's safety.

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416-873-8606

firstaid@2health.com

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