



Welcome



Baby



utah county health department
"creating healthy communities"



United Way of Utah County

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have a higher risk of SIDS if babies are placed on their stomachs to sleep. Researches have hypothesized that stomach sleeping puts pressure on a child's jaw, therefore narrowing the airway and limiting your child's ability to breath properly. Another theory as to why you should not place your child on his or her stomach involves a dangerous amount of carbon dioxide being inhaled. If you place your child on his or her stomach, particularly if the infant is sleeping on a soft mattress or with bedding, toys, or a pillow, this soft surface could create a small enclosure around the baby's mouth and trap exhaled air. As the baby breaths his or her own exhaled air, the oxygen level in the body drops and carbon dioxide accumulates. If a baby is breathing stale air and not getting enough oxygen, the risk of SIDS dramatically increases.

SIDS

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the death of an infant under one year of age. SIDS is unexplained and doctors are still not positive what actually causes SIDS, Although researchers believe that it is a combination of factors or events. There are many speculations as to what causes SIDS .

Facts:

- Every year in the United States approximately 2,500 infants will die of SIDS.
- SIDS is the third leading cause of infant mortality in the United States
- More SIDS deaths occur in the colder months.
- SIDS occurs more often in males
- African-American babies are more than two times as likely to die of SIDS as Caucasian babies.
- American Indian, and Alaskan Native infants are nearly three times as likely to die of SIDS as Caucasian babies
- SIDS in the United States has declined by more than 50% since 1990.

Prevention

"Back To Sleep"

Remember, when you are putting your baby down for a nap or at night always make sure you are placing your baby on his or her back. This is the most important thing you can do for you baby. Numerous studies have shown that infants

Safe Cribs

When you are purchasing your first crib and getting your nursery ready for your baby here are a few things to keep in mind. If you already have a crib, make sure it meets safety regulations.

- Place your baby on a firm, safety-approved crib mattress.
- Make sure your firm mattress is covered with a fitted sheet.
- Never place pillows, quilts, sheepskins, crib bumpers, and soft toys in your baby's crib.
- Make sure your crib slats are no more than 2 3/8 inches apart.
- When choosing your crib take into consideration if you want a drop-side crib or a stationary side crib. Recent reports indicate that drop-side cribs are having some safety issues.
- Since 2007 there have been more than 20 different crib recalls. These recalls have affected more than 4 million cribs from various manufacturers.
- Drop-down cribs pose various issues such as the plastic drop-side breaking, some types of soft wood causes the hardware to come loose, drop-side cribs are difficult to assemble and many times parents do so incorrectly.
- Alternatives to drop-side cribs: Manufacturers are now making cribs with a lower front rail. Another alternative to a drop-side crib is a drop-gate crib, where part of the crib side folds down to allow as much access to the baby.
- What to do if you have a drop-side crib? Perform a regular check up and make sure all the parts are still in tact and stable over time. If you disassemble your crib, keep track

of all the pieces before you reassemble your crib.

No Smoking

Do not smoke before or after the birth of your baby. Do not let others smoke around your baby. Smoking will increase the chances of your baby dying from SIDS.

Same Room Sleeping

Never sleep in the same bed as your infant. If you bring your baby to bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, etc. It is a good idea to keep their cribs or bassinets in the same room, but never put your baby in the same bed as you.

Breastfeeding

Did you know that breastfeeding may help decrease the incidence of SIDS? Researchers are still unsure but believe that breast milk may help protect babies from infections that increase the risk of SIDS.

Pacifiers

Pacifiers have been linked with lower risk of SIDS. If you are breastfeeding, try to wait until after the baby is 1 month old so that breastfeeding can be established. If your baby rejects the pacifier, don't force it.

Room Temperature

Make sure your baby does not get too warm when he or she is sleeping. Keep the room at a temperature that feels comfortable for an adult in a short-sleeve shirts. Researchers suggest that a baby who gets too warm could go into a deeper sleep, making it more difficult to awaken. Dress your baby in light sleep clothing.

Tummy Time

Tummy time is essential to proper growth and development. When your baby is AWAKE and somebody is watching, place your baby on his or her tummy. This will reduce the chance of “flat spots” on your baby's head. Tummy time is crucial to the development of motor skills and the touch, visual, vestibular, and proprioceptive senses. Babies who do not have tummy time are less likely to roll, crawl, or walk at an age-expected time. Tummy time is critical for babies to develop proper muscles for motor skills later on in their life.

Tummy time should take place at least 1-2 times a day if not more. During tummy time make sure your baby is on a soft, comfortable blanket on the floor with fun toys in



front and to the sides of him or her. During tummy time, this is a great time to talk or sing to your baby. Using a “U” shaped pillow is also a great way to prop your baby up during tummy time. Overall, allow your baby to have fun during tummy time. It is an essential activity that will help promote strong muscles and help your baby develop properly.

Taken in part from:

<http://aapnews.aapublications.org/cgi/content/full/29/1/28-a>

<http://kidshealth.org/parent/general/sleep/sids.html#>

<http://www.mychildhealth.net/what-is-sids.html>

<http://www.thenewparentsguide.com/choosing-a-baby-crib.htm>

<http://www.cdc.gov/SIDS/ReduceRisk.htm>

http://www.nichd.nih.gov/publications/pubs/upload/BTS_safe_environment.pdf

CALENDAR OF EVENTS

•Provo City Library—

☞ “Book Babies” every Friday from 10-10:30 a.m. for infants 0-12 mos.

☞ “Mother Goose Time” every Friday from 11-12pm for 1 year olds. Age appropriate songs, stories, and activities for baby and their parents/caregivers.

•Orem City Library—

☞ “Laptime” every Tuesday, Wednesday, & Thursday at 10am in Hogwarts' Corner. A 20 min. program for babies, toddlers & their caregivers with songs, finger plays & short stories to introduce our youngest patrons to the world of words.

☞ “Story time” every Tuesday, Wednesday, & Thursday at 10:30am in the Storytelling Wing. A 30 min. program for preschoolers & young school age children with stories, puppets & activities to engage youngsters & highlight the joys of books & storytelling.