

GUIDELINES FOR SAFE SLEEP

- ◆ Place your grandbaby on his back to sleep at night *and* naptime.
- ◆ A safety-approved* crib with a firm mattress is the best place for baby to sleep.
- ◆ If you do not have a crib — or if the only crib you have is old or second-hand — your grandbaby can sleep in a safety-approved* bassinet, portable crib, or playpen (*remember: a safe playpen is better than an unsafe crib*).
- ◆ Remove quilts, comforters, pillows, and other fluffy bedding and toys from your grandbaby's sleep area.
- ◆ Do not place your grandbaby to sleep on an adult bed on top of a comforter, quilt, or blanket.
- ◆ Your grandbaby should not sleep in an adult or youth bed with another person.
- ◆ Be sure your grandbaby's head and face stay *uncovered* while he sleeps.
- ◆ Do not keep the room where baby is sleeping too warm.
- ◆ Do not let anyone smoke around your grandbaby. If possible, have the baby sleep in a room where people are not allowed to smoke.
- ◆ Help your grandbaby's parents to explain these safe sleep guidelines to other relatives and friends.

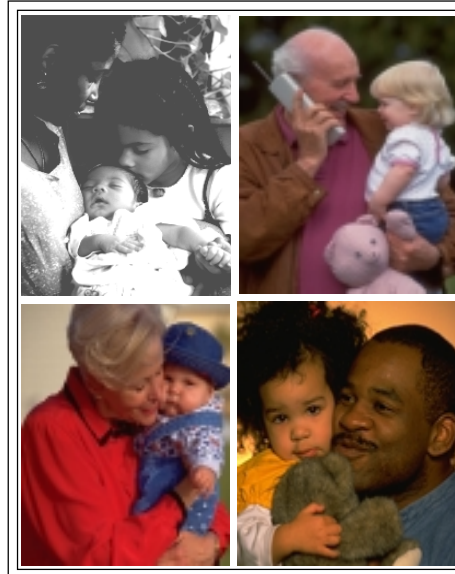
* To find out more about safety approved cribs and baby furnishings, contact the U.S. Consumer Product Safety Commission at 1-800-638-2772 or www.cpsc.gov.



This fact sheet was written by the Infant Mortality Risk Reduction Work Team of the National SIDS & Infant Death Program Support Center (NSIDPSC). You may copy or adapt this piece as long as you properly credit the source. If you would like multiple copies, please contact us at 1-800-638-SIDS (7437) or visit our web site at www.sids-id-psc.org. The NSIDPSC is a cooperative project of the SIDS Alliance, Inc. and the Health Resources and Services Administration's (HRSA) Maternal and Child Health Bureau (MCHB) Sudden Infant Death Syndrome/Infant Death Program.

National SIDS & Infant Death Program Support Center

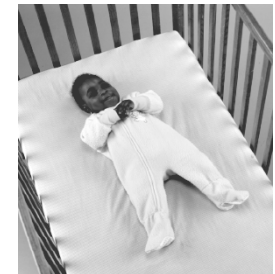
Safe Sleep For My



Grandbaby

These days, many grandparents are raising their grandchildren. Others take care of grandchildren while their parents are at work. As a grandparent today, it is almost guaranteed that, at some time, you will be taking care of your infant grandchild while he or she is sleeping.

Did you know that guidelines for safe sleep have changed since your children were babies? The American Academy of Pediatrics now says that babies should be laid to sleep on their *backs*, not on their stomachs.



It is important for you to know and follow these new child care practices to help lessen your grandbaby's risk of dying of Sudden Infant Death Syndrome (SIDS). We want to share with you answers to the questions that grandparents often ask about SIDS, safe sleep, and general infant health.



What Is SIDS?

“SIDS” stands for Sudden Infant Death Syndrome. It means that a baby dies in its sleep and the doctors cannot find any other cause of death. SIDS occurs quickly and without warning. It is a natural cause of death and is not anyone’s fault. SIDS happens in families of every background.

You may hear some people call SIDS “crib death” because it happens to babies who are sleeping. It is important to know, however, that sleeping in a crib does not cause a baby to die of SIDS. In fact, a crib is the safest place for your grandbaby to sleep.

How Should My Grandbaby Be Placed For Sleep?

For naps and nighttime, place your grandbaby on his back to sleep. If the baby falls asleep on his stomach while playing, be sure to turn him over onto his back as soon as you see that he is asleep.

When my children were babies, the doctor said to place them on their stomachs for sleep. Stomach sleeping didn't harm my children. Why can't I place my grandbaby to sleep on his stomach?

A few years ago, researchers discovered that babies who sleep on their stomachs have a greater chance of dying of SIDS than those who sleep on their backs. The number of SIDS deaths in this country has dropped by 38% since 1992, when the American Academy of Pediatrics first began telling families to sleep babies on their backs.

Questions Grandparents Ask About SIDS and Safe Sleep . . .

If My Grandbaby Spits Up While Laying On His Back, Isn't He In Danger Of Choking?

No. In all of the research studies done on infant sleep position and SIDS, there have been no incidents of babies choking on “spit up” in their sleep. Millions of babies in other countries sleep on their backs without choking in their sleep.

My grandbaby sleeps on a lambskin and I usually wrap him in several layers of blankets and clothing to make sure he's warm. Is this okay?

No. The Consumer Product Safety Commission recommends that your grandbaby sleep on a firm mattress that fits tightly into the crib. Remove all quilts, comforters, lambskin, bumper pads, stuffed toys, or pillows from the crib before placing the baby in it.

Generally, your grandbaby will be comfortable at the same room temperature that you find comfortable. You might buy (or ask mom and dad to bring) a sleeper garment and dress the baby in it for sleeping instead of using a blanket.



If you do use a light blanket: (1) place the baby with his feet at the foot of the crib, (2) bring the blanket only up to his chest, and (3) tuck the ends of the blanket firmly under the mattress (so that the blanket cannot be pulled

loose and wrapped around or near the baby’s face). Remember, it is important to be sure that the baby’s head stays uncovered while he sleeps.

I don't have a crib at my house. Can't my grandbaby sleep in bed with me?

Doctors say that babies should sleep alone. A crib is the safest place for baby to sleep. It is especially important that your grandbaby not share a bed with other children and/or with an adult who has been using alcohol or drugs (including prescription drugs) or who does not wake up easily.

The safest place for baby to sleep is a crib that meets the safety guidelines of the U.S. Consumer Product Safety Commission (CPSC). If you don’t have a crib, you could use a bassinet, portable crib, or playpen (be sure that the sides of the playpen are all the way up). Again, if one of these items is used for sleep, be sure that it meets CPSC safety guidelines.

Make sure that the baby does not sleep on top of a quilt, comforter, sleeping bag, sofa or chair cushion, or other soft surface.

I wouldn't smoke while holding my grandbaby, but isn't it alright to smoke in another room while he is visiting.

The risk for SIDS – as well as for asthma, allergies, and respiratory infections – is greater for babies who are exposed to smoke. Since smoke drifts and can cling to rugs, curtains, and furniture, you should not smoke – or allow others to smoke – in the house whenever your grandbaby is around. Be sure not to smoke or allow smoking in the car when your grandbaby is a passenger.

How else can I help make sure that my grandbaby stays healthy?

If baby’s mother is breast feeding, encourage her. Breast milk may help prevent some infections in infants. Encourage the parents to take the baby to his doctor for regular well-baby visits. Tell parents to contact the doctor right away if the baby comes down with a fever, rash, or tummy troubles.



And, of course, babies thrive on love. So while you are providing for his safety, don't forget to enjoy your grandbaby and give him lots of kisses, hugs, and love!