**Virtual Kit: SIDS & Safe Sleep Practices**

**Quick Take**

SIDS (Sudden Infant Death Syndrome) is the sudden, unexplained death of a child under one that doesn’t have a known cause. About half of the sudden, unexplained infant deaths that occur in the USA each year are from SIDS. Other sleep related deaths of infants are related to suffocation, entrapment, or strangulation. By providing a safe sleep environment the risk of SIDS and other sleep related deaths can be reduced. All healthy infants 0-12 months of age should be placed alone, on their back, and in a clutter-free crib anytime they are sleeping. A firm sleep surface should be used with nothing else in the crib except for a pacifier. In lieu of using blankets in the crib, the infant can be placed in a sleep sack or wearable blanket. These are designed to keep the infant warm without the risk of a blanket covering the infant’s head. Additional recommendations include room sharing, avoidance of exposure to smoke, alcohol, or illicit drugs, breastfeeding, and the use of a pacifier.

**Show Me Now! (I need this tomorrow)**

[The ABC’s of Safe Sleep Booklet](http://www.safesleepkansas.org/download/Safe-Sleep-Booklet.pdf)

[Infant Sleep Safety Overview](https://www.aap.org/en/patient-care/safe-sleep/)

[Ways to Reduce Baby’s Risk](https://safetosleep.nichd.nih.gov/safesleepbasics/risk/reduce)

[Safe Sleep and Suffocation Prevention Tips](https://www.safekids.org/tip/sleep-safety-and-suffocation-prevention-tips)

[Sleep Safety](http://www.safekidskansas.org/sleep_safety.htm)

**What Does This Look Like in Practice? (I have a little more time to read about this)**

[American Academy of Pediatrics Safe Sleep Recommendations](https://www.aap.org/en/news-room/news-releases/aap/2022/american-academy-of-pediatrics-updates-safe-sleep-recommendations-back-is-best/)

[CDC Vital Statistics of Sleep Related Deaths](https://www.cdc.gov/vitalsigns/safesleep/index.html)

[Consumer Product Safety Commission Cribs and Infant Product Recalls](https://www.cpsc.gov/SafeSleep)

**What does the KITS Early Childhood Resource Center (**[**ECRC**](https://opac.libraryworld.com/opac/home.php)**) have on this topic?**

Injoy Productions. (2000) Sleep like a baby: What every parent needs to know about babies and sleep.

**What training is available on this topic?**

[Foundations for Safe and Healthy Early Care Facilities Module](https://kccto.org/course/foundations-for-safe-and-healthy-early-care-facilities-module/)

[Reducing the Risk of SIDS and Using Safe Sleep Practices](https://kccto.org/course/reducing-the-risk-of-sids-and-using-safe-sleep-practices/)

[Keeping Infants Safe](https://www.carecourses.com/courses/345)

[Wrestling with Safe Sleep](https://kccto.org/course/wrestling-with-safe-sleep-2/)

View and search for upcoming trainings on the following collaborative training calendars:

* [KCCTO Training Calendar](https://kccto.org/shop/)
* [KITS Training Calendar](https://calendar.ku.edu/department/kansas_inservice_training_system_kits)

**If you thought this Virtual Kit was helpful, you might also like…**

* [2022 American Academy of Pediatrics Safe Sleep Recommendations Policy Statement](https://www.kidsks.org/uploads/4/9/1/4/49142465/aap_safe_sleep_policy_statement_2022.pdf) (pdf)
* [Crib Demonstration](https://www.kidsks.org/uploads/b/49142465-991921538893888322/safe_sleep_video_119.mp4) (MP4 – clicking this link will download MP4 file)

**What if I still need help?**

Connect with an [Infant-Toddler Specialist in your area](https://kccto.org/itsn/who-we-are/).

**Evaluation**

Please take a minute to complete a brief survey on the Virtual Kits page to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future.

**References**

Rachel Y. Moon and TASK FORCE ON SUDDEN INFANT DEATH SYNDROME *Pediatrics;* originally published online October 24, 20016; DOI 10.1542/peds.2016-2940

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