Did you know?

Each year, approximately 20 babies die in Idaho due to Sudden Unexpected Infant Death (SUID). Sudden Unexpected Infant Death (SUID) is the death of an infant under the age of one year that occurs suddenly and unexpectedly. SUID includes deaths without a clear cause, such as Sudden Infant Death Syndrome (SIDS), and those from a known cause, such as suffocation. Common causes of SUID deaths include health conditions, injuries, and unsafe sleep environments. SIDS, which is a type of SUID, is the death of an infant under the age of one that cannot be explained after a full investigation. Some SUID deaths can be prevented by following a few key recommendations from the American Academy of Pediatrics (AAP), or remembering the ABC’s of Safe Sleep as shown below. Parents and caregivers should remember the ABC’s of Safe Sleep for all sleep times, including naps.
The ABC's of Safe Sleep

- **Alone** - Babies should sleep by themselves in a crib or bassinet. If you breastfeed in bed, always return baby to their crib after nursing. Room sharing is recommended, bed-sharing is not.
- **Back** - Always put babies to sleep on their back, even when they can roll over.
- **Crib** - Always place baby in an empty crib or bassinet that meets safety standards, free of blankets, pillows, and other soft items.
- Don’t let anyone smoke around your baby or in your home.
- Dress your baby in lightweight sleep clothing, like a sleep sack. Baby should wear no more than one layer more than you would wear to be comfortable.
Safe Sleep Myth:
If parents sleep with their babies in the same bed, they will hear any problems and be able to prevent them from happening.

Fact: Because SIDS occurs with no warning or symptoms, it is unlikely that any adult will hear a problem and prevent SIDS from occurring. Sleeping with a baby in an adult bed increases the risk of suffocation and other sleep-related causes of infant death.
Sleeping with a baby in an adult bed is even more dangerous when:
- The adult smokes cigarettes or has consumed alcohol or medication that causes drowsiness.
- The baby shares a bed with other children.
- The sleep surface is a couch, sofa, waterbed, or armchair.
- There are pillows or blankets in the bed.
- The baby is younger than 11 weeks to 14 weeks of age.
- The baby shares a bed with more than one person, especially if sleeping between two adults.

Instead of bed sharing, health care providers recommend room sharing—keeping baby's sleep area separate from your sleep area in the same room where you sleep. Room sharing is known to reduce the risk of SIDS and other sleep-related causes of infant death.
related causes of infant death.

For more information about infant safe sleep best practices, common myths and FAQ's, please visit the newly updated Idaho Department and Health Welfare website by clicking on the button below.

Visit our Website

Learn the ABC’s of Safe Sleep Social Media Campaign

During the month of October, the Idaho Maternal and Child Health Section will be running a social media ad campaign on Facebook and YouTube to raise awareness around infant safe sleep practice endorsed by the American Academy of Pediatrics.

Please help spread safe sleep awareness by sharing this video on your social media accounts!

New Interactive Safe Sleep Resource by NICHQ for Parents, Caregivers, Child Care Providers, and Health Care Providers

**Alone. Back. Crib Guy coming to a town near you!**
Ada Country Chief Battalion Bart Buckendorf will be walking 600 miles from Pocatello to Coeur d'Alene stopping along 30 Idaho towns to provide safe sleep classes and raise awareness around SUID/SIDS prevention. The Maternal and Child Health Section has partnered with Ada County paramedics to provide swaddle sacks for all participants that complete the safe sleep class.
IDAHO


WALKING TOUR

Sep. 11 - Oct. 26, 2019

Ada County Paramedics' "Alone, Back Crib Guy" will be WALKING to an Idaho town near YOU! He'll cover over 600 miles, on foot, and walk to over 30 Idaho towns to deliver the "ABC's of Safe Sleep" class to the entire state of Idaho. Together we can save more infants from SIDS and SUIDS.

AdaCountyParamedics
We're in it for Life!

SafeStart
Infant Child Health & Safety

Idaho
Maternal & Child Health

IDaho Department of Health & Welfare
Division of Public Health

Visit AdaCountyParamedics.org/IdahoWalkingTour to see when he'll be in YOUR town!