



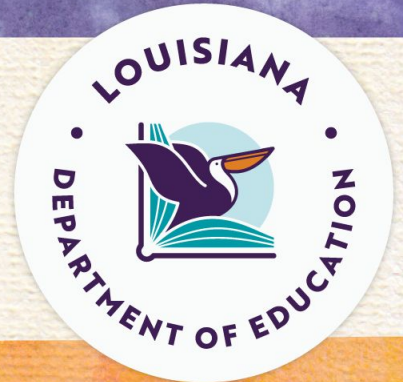
EARLY CHILDHOOD

CONFERENCE 2024

SHAPING LOUISIANA'S FUTURE



Infant Safe Sleep Training



Infant Safe Sleep Training

Session Purpose:

This session will provide early child care providers with knowledge and understanding of infant safe sleep best practices.

Session Objectives:

During this session, participants will learn about the Louisiana Department of Education (LDOE) safe sleep licensing regulations and how safe sleep best practices can keep infants safe and reduce the risk of sleep-related infant deaths.

Agenda

- I. Purpose and Objectives
- II. Agenda
- III. Activity 1: Infant Sleep Safety
- IV. Safe Sleep Licensing Regulations
- V. Safe Sleep Best Practices
- VI. Activity 2: Safely Keeping Baby Warm
- VII. Safe Sleep Training

Activity 1: Infant Sleep Safety



Activity 1: Infant Safe Sleep

Research indicates that sleep-related death can occur when an infant is placed in an unsafe sleep environment.

Here is a video that provides guidance on keeping infants safe while they sleep.

[Infant Safe Sleep](#)



Safe Sleep Bulletin 137

Bulletin 137- Safe Sleep

According to bulletin 137, chapter 19, page 34, Providers must ensure the following safe sleep practices are implemented:

- Only one infant can be placed in a crib.
- All infants shall be placed on their backs for sleeping.
 - Please note that any other position requires written authorization from a physician, and the written notice of the specifically-authorized sleeping position must be posted on or near the crib.

Bulletin 137- Safe Sleep

- Infants can not be placed in positioning devices, unless there is written authorization from a physician to use a positioning device.
- Written authorization from a physician is required for a child to sleep in a car seat or other similar device and must include the amount of time that the child is allowed to remain in said device.
- “Back To Sleep” signs shall be posted in the room where infants sleep.

Safe Sleep- Bulletin 137

Providers must ensure the following safe sleep practices are implemented:

- Infants who use pacifiers shall be offered their pacifier when they are placed for sleep, but the pacifier can not be placed back in the child's mouth once the child is asleep, if it falls out while the child is asleep.
- Bibs can not be worn by any child while asleep.
- Nothing can be placed over the head or face of an infant while placed for sleep.
- A safety approved crib must be available for each infant.

Safe Sleep Licensing Regulations

Please remember The **ABC**'s of Safe Sleep:

- **Alone** - Infants should always be on their own sleep surfaces.
- **Back** - Infants should be on their back for every sleep.
- **Crib** - The crib should be empty with no bumper pads, pillows, blankets, stuffed animals, toys or supplies, such as diapers and diaper wipes.



Safe Sleep Best Practices

Safe Sleep Best Practices



Parents and caregivers can help protect infants during sleep by creating a safe sleep environment.

Safe Sleep Best Practices

The American Academy of Pediatrics has shared that every year, approximately 3,500 infants in the United States die suddenly and unexpectedly while sleeping.

Most of these tragic deaths are due to sudden infant death syndrome (SIDS) or accidental deaths from suffocation or strangulation.

To reduce the risk of all sleep-related infant deaths, infants up to one year of age should be placed on their back to sleep.

Safe Sleep Best Practices

Other sleep-related deaths result from something in or related to the infant's sleep environment, how or where the infant sleeps, or things that happen during sleep.

Other sleep-related deaths occur when an infant can not breathe, such as from the following causes:

- Entrapment or wedging
- Suffocation
- Strangulation

Safe Sleep Best Practices

Parent and caregivers can use the following actions to help keep babies safe and reduce their risk of dying during sleep by:

- Placing babies on their back to sleep for naps and at night
- Using a sleep surface that is firm, flat, level, and covered only by a fitted sheet
- Providing babies with their own sleep space
- Keeping objects out of babies sleep areas

Safe Sleep Best Practices

Place infants on their backs to sleep for naps and at night:

- Place all infants — including those born preterm and those with reflux — on their backs to sleep until they are 1 year old.
- It is not safe to place infants on their sides or stomachs to sleep, not even for a nap. The safest sleep position is on the back.
- Infants who sleep on their backs are at lower risk for SIDS than babies who sleep on their stomachs or sides.
- If an infant usually sleeps on their back, putting them on the stomach or side to sleep, for a nap or at night, increases the risk for SIDS by up to 45 times.

Safe Sleep Best Practices

Use a sleep surface for infants that is firm, flat, and level and covered only with a fitted sheet.

- Both the sleep surface (such as a mattress) and the sleep space (such as a crib, bassinet, or portable play yard) should meet the safety standards of the [Consumer Product Safety Commission](#) (CPSC).
- Soft surfaces raise the infant's risk of wedging or entrapment, suffocation, and strangulation.
- Inclined or tilted sleep surfaces, with one end higher than the other, are not safe for babies to sleep on because an infant's body can slide down, which could block their airway and breathing.

Safe Sleep Best Practices

Use a sleep surface for babies that is firm, flat, and level and covered only with a fitted sheet.

- Do not use sitting devices, such as car seats and strollers, or carrying devices, like carriers and slings, for a baby's regular sleep area or for naps. If a baby falls asleep in one of these devices, move them to their regular sleep space as soon as possible.
- Keep comforters, quilts, pillows, and blankets out of a baby's sleep area.

Safe Sleep Best Practices

Provide babies with their own sleep space.

- Babies in their own sleep space are at lower risk for injury and death from SIDS and from situations like an adult or sibling accidentally rolling over them.

Safe Sleep Best Practices

Overheating can increase the risk of SIDS. Infants only need one more layer than an adult would wear in the same environment to be comfortable.

- Check infants for signs of overheating such as sweating, a hot chest, or flushed skin.
- If you are concerned about the infant becoming cold, dress the infant in one additional layer of clothing. However, hats should not be worn by infants while indoors.
- Do not use weighted blankets, sleepers, swaddles or other weighted objects on or near the infant.

Safe Sleep Best Practices

Avoid swaddling too tightly: infants' hips and legs should be able to move.

- Caregivers should also be able to place at least two or three fingers between the infant's chest and the swaddle.

Swaddling should be stopped as soon as the infant shows any signs of trying to roll over.

Safe Sleep Practices

The American Academy of Pediatrics recommends that child care providers create a written safe sleep policy to ensure that staff and families understand and practice back to sleep and other safe sleep practices for infants.





Activity 2: Safely Keeping Baby Warm

Activity 2: Safely Keeping Baby Warm

The Safe to Sleep video describes evidence behind the American Academy of Pediatrics recommendation to reduce sleep-related death by avoiding over bundling and overheating.

[Safely Keeping Baby Warm: Reduce the Risk of Sleep-Related Death](#)



**Safe Sleep Training
For Child Care Centers**

Safe Sleep Training for Child Care Centers

- Orientation Module I for employees at Licensed Child Care Centers located at [Key Orientation Training Modules \(louisianabelieves.com\)](https://www.louisianabelieves.com) provides training about Safe Sleep Practices, preventing possible choking or suffocation and prevention of Sudden Infant Death Syndrome (SIDS) on slides 59-62.
- A quiz is given after each section in the Module to check for understanding.
- Bulletin 137 §1721.D states that continuing education hours shall be in health and safety. Safe Sleeping Practices is under health and safety.

References

American Academy of Pediatrics Updates Safe Sleep Recommendations. (n.d.). *American Academy of Pediatrics Updates Safe Sleep Recommendations: Back Is Best*. AAP.

<https://www.aap.org/en/news-room/news-releases/aap/2022/american-academy-of-pediatrics-updates-safe-sleep-recommendations-back-is-best/>

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<https://eclkc.ohs.acf.hhs.gov/video/infant-sleep-safety>

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Moon, R. (n.d.-a). *How to keep your sleeping baby safe: Aap policy explained*. HealthyChildren.org.

National Institutes of Health. (n.d.). *Safely Keeping Baby Warm: Reduce the Risk of Sleep-Related Death*. YouTube. https://www.youtube.com/watch?v=G-rK5_XKVpg



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