



Children's Trust Fund
Protecting Michigan's Children



CTF NEWS

September 5, 2018

Safe Sleep Month, September 2018

September is designated nationally and has been proclaimed in Michigan by Governor Rick Snyder, as Safe Sleep Month. Did you know that in Michigan between 2010 and 2015, 871 Michigan babies lost their lives due to unsafe sleep practices or as its other more official name, Sudden Unexpected Infant Death (SUID)? African American infants die at triple the rate of Caucasian babies due to unsafe sleep. An unsafe infant sleep environment is the leading cause of preventable baby death in Michigan. These are sobering statistics, but these deaths are 100% preventable. Eliminating all sleep related deaths would reduce overall infant mortality in Michigan by 20%.

The American Academy of Pediatrics (AAP) recently updated their safe sleep recommendations to include the following:

- Place baby on back for every sleep time.
- Use a firm sleep surface.
- Baby should sleep in the same room as the parents for 6 months, but NOT in the same bed.
- Use a crib, bassinet, or portable crib that conforms to safety standards.
- Keep soft objects or loose bedding out of the crib.
- Don't use bumper pads in cribs.
- Wedges and positioners should not be used.
- Don't smoke during pregnancy or after birth.
- Never smoke near baby.
- Pregnant women should receive regular prenatal care.
- Offer a pacifier at nap time and at bedtime.
- Pregnant women should receive regular prenatal care.
- Avoid alcohol and illicit drug use during and after pregnancy.
- Do not overdress baby.

Also, there is research to support that breast feeding may help to reduce SUID.

Additionally, the AAP lists the following crib recommendations:

- No drop-side cribs
- A firm, tight-fitting mattress
- No loose, missing or broken hardware or slats
- No more than 2 3/8" between the slats
- No corner posts over 1/16" high
- No cutout designs in the headboard or footboard

Of course, when babies are awake, they need tummy time but only if someone is with the baby and watching. If baby falls asleep on the tummy, place him or her on the back in a safe place.

The Michigan Children's Trust Fund Local Councils are at the forefront in helping to eradicate SUID in Michigan. All 73 Local Councils are engaged in safe sleep programming. Between 2017 and 2018, through a special grant resources opportunity, councils ordered 846 Pack 'n Plays (portable cribs), 9,623 safe sleep sacks, and 5,710 onesies (with safe sleep messaging) for distribution to parents and infant caregivers throughout Michigan. Additionally, in 2017 CTF Local Councils conducted 2,510 safe sleep education classes reaching 6,427 adults, and for the first half of 2018, 1,087 classes have taken place reaching 2,817 adults. The councils' efforts are truly making a laudable difference in helping save Michigan babies' lives. CTF is also a member of the Michigan Safe Sleep Advisory Committee. Together with other state partners, all working cooperatively and in harmony with each other, we will eventually see a day when no baby will die due to unsafe sleep causes.

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