



STATE OF LOUISIANA
DEPARTMENT OF HEALTH AND HOSPITALS



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Date: January 6, 2006
From: Tracy Hubbard, MPH MCE SIDS Risk Reduction Coordinator
Louisiana SIDS Counseling and Risk Reduction Program
Subject: Recommendations for Utilizing Flyer: "For a safe night's sleep"

Back sleeping is one of the most effective ways to reduce the risk of Sudden Infant Death Syndrome (SIDS) among infants up to 6 months of age. Please educate others about the importance of back-sleeping and other healthy behaviors that reduce the risk of SIDS by placing these flyers in high-traffic and high-visibility areas, and by providing them as handouts.

When using as a handout, use the following educational details in conjunction with the flyer:

Credibility of the statements on the flyer:

- The American Academy of Pediatrics has recently released revised recommendations for reducing the risk of SIDS. The policy update addresses several issues that have become relevant since AAP last published a policy statement in 2000. The new policy statement was issued in August 2005.

For a safe night's sleep only put your baby on its back:

- American Academy of Pediatrics no longer recognizes side sleeping as a reasonable alternative to back sleeping. Babies who sleep on their backs have a much lower risk of dying from SIDS or suffocation.

The American Academy of Pediatrics advises you to always place your healthy baby on its back to sleep.

- The AAP no longer recognizes side sleeping as a reasonable alternative to fully supine (lying on back) sleeping. Studies found that the side sleep position is unstable and increases the chance of the infant rolling onto his or her stomach. Caregivers should use the back sleep position during every sleep period.

Keep your baby's room at a comfortable temperature. Dress your baby in as much or as little as you would wear.

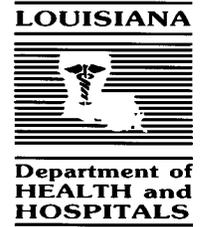
- Avoid overheating. The bedroom temperature should be comfortable for a fully clothed adult. The infant should be lightly clothed for sleep.

A pacifier is recommended from the ages of one month to one-year old.

- Research now indicates an association between pacifier use and a reduced risk of SIDS. Pacifiers are recommended at nap time and bedtime throughout the first year of life after the first month.



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A safe sleep environment for babies is in their own bed, not in bed with you. You should place your baby's bed nearby you.

- Bed sharing is not recommended during sleep. Infants may be brought to bed for nursing or comforting but should be returned to their own crib or bassinet when the parent is ready to return to sleep. AAP recommends a separate but proximate sleeping environment such as a separate crib in the parent's bedroom.

Place your baby on a firm mattress. Take all pillows and stuffed toys out of the crib.

- Keep soft objects and loose bedding out of the crib. Pillows, quilts, comforters, sheepskins, stuffed toys and other soft objects should be kept out of the infant's sleeping environment.

Never allow smoke around your baby and do not smoke when pregnant.

- Do not smoke during pregnancy. Maternal smoking while pregnant has emerged as a major risk factor in many studies. Avoid the infant's exposure to second-hand smoke.

These flyers have been supplied by the Louisiana SIDS Program of the Office of Public Health, Maternal and Child Health. The Louisiana SIDS Program seeks to increase awareness about SIDS and its risk factors in order to reduce the amount of infant deaths statewide. Please join us in our effort by educating mothers, grandmothers, day-care workers and any other persons caring for infants.