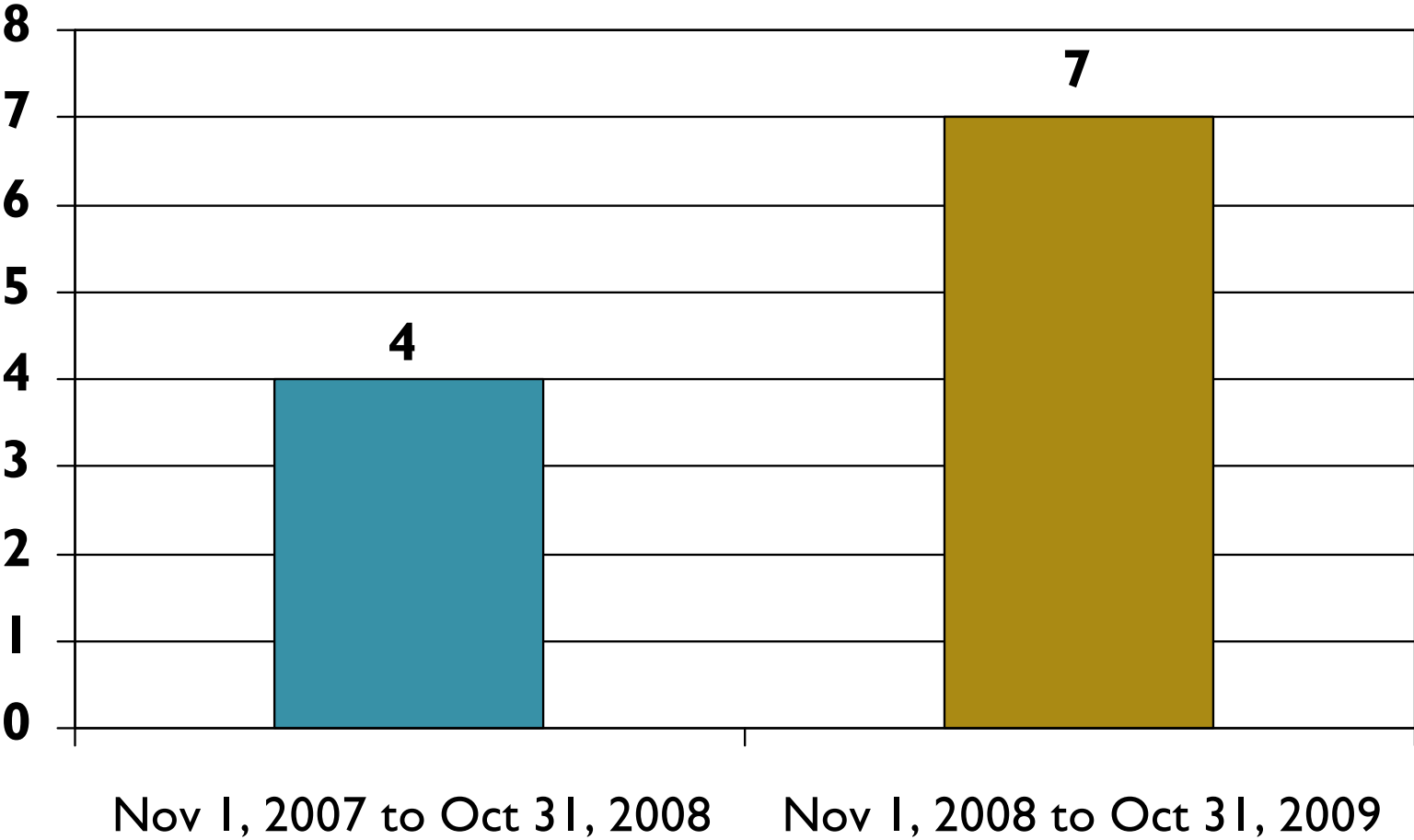


Safe Sleeping Workshop



Unsafe Sleeping Contributing to Infant Deaths in Brevard County




ABC's of Safe Sleeping

A- Alone

B- on the BACK

C- in a CRIB






**Co-sleeping resulted in
two deaths in Brevard
county between
November 1, 2008 and
October 31, 2009.**



Scenario One

A three month old baby boy found deceased in a bed which he shared with his mother. No crib was available in the home. Mother reported she had co-slept with all her children.

Documentation obtained from hospital and pediatrician's office revealed the mother had been counseled on the dangers of co-sleeping.




**Infants being placed on their
stomach to sleep resulted in
two deaths between
November 1, 2008 and
October 31, 2009.**



Scenario Two

A three month old baby boy was placed on his stomach at approximately 11:00 pm. At 12:30 am the child was found blue and unresponsive by his mother. CPR was administered, and the child was transported to the local hospital. The child was pronounced dead at the hospital.



**Unsafe sleeping
environments
contributed to four
infant deaths between
November 1, 2008
and October 31, 2009.**



Scenario Three

A five month old baby boy was found unresponsive and not breathing in the crib. The child was pronounced dead by fire rescue. At the time of the child's death numerous items, including boxes of food, stuffed animals, clothing and blankets, were observed in a pile at the end of the crib.




Ideal Crib for a Baby

- Has a firm, tight fitting mattress
- No loose, missing or broken hardware or slats
- No more than 2 2/8" between the slats
- No corner posts over 1/16" high
- No cut out designs in the headboard or footboard



10 Ways You Can Help Baby Get a Better Night's Sleep

1. Make sure baby gets an active playtime
2. Respond to baby's needs throughout the day to reduce their stress
3. Allow lots of contact between parents and baby
4. Keep a consistent schedule for bedtime and naps
5. Use a bedtime routine of three or four relaxing activities.
6. If baby appears restless try putting baby to bed 30 minutes earlier
7. Listening to repetitive sounds can lull babies to sleep
8. Talk or gently sing to baby
9. Place a warm towel on the baby's sheet and remove it just before placing baby down
10. White noise can lull a baby to sleep, continue normal household activities after laying baby to sleep



Developing and implementing cooperative, preventive efforts to reduce the number of unsafe sleeping infant deaths in Brevard County.

1. Educating the public with regards to the deadly consequences of unsafe sleeping practices.
2. Increased funding to provide appropriate sleeping environments for at risk infants.