

# Faith Based Initiatives “Wellness Beyond the Walls” Conference - Tuesday, July 30, 2019

## Infant Safe Sleep Presentation by Tracey King

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### Background/History

Sudden Infant Death Syndrome (SIDS), also referred to as “crib death,” occurs without warning and is associated with a sleep period. A diagnosis of SIDS is given when no explanation can be found for the baby’s death after a complete postmortem investigation. SIDS is the leading cause of death for infants between 1 month and 1 year of age. In 1993 alone, nearly 4,700 U.S. infants died from SIDS.

Research found that if infants were placed to sleep on their stomachs, their risk of dying from SIDS increased by at least two-fold.

As a result, the “Back-to-Sleep” Campaign was initiated in 1994 by a collaboration between the National Institute of Child Health and Development, the American Academy of Pediatrics (AAP), the Maternal and Child Health Bureau of the Health Resources and Services Administration and SIDS groups.

# Detroit/State of Michigan Statistics

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Between 2010 and 2017, there were 254 sleep-related infant deaths in the City of Detroit, which is a rate of 3.2 deaths per 1,000 live births. 1,013 babies died in Michigan due to unsafe sleep environment.

Of the infants who died of sleep-related causes in the City of Detroit...

98% had publicly-funded healthcare coverage

88% were Black and 8% were White

Males accounted for more sleep-related deaths than females (54% vs. 47%)

24% were born preterm (before 37 weeks gestation)

70% died before the age of 4 months

73% died in their own home



# Protect Me While I Sleep...

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LOCAL MATERNAL CHILD HEALTH PROGRAM  
DETROIT HEALTH DEPARTMENT



# Learning Objectives

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By the end of our class you will know:

- Why infant safe sleep is important
- Infant safe sleep practices
- How to avoid Shaken Baby Syndrome (SBS)

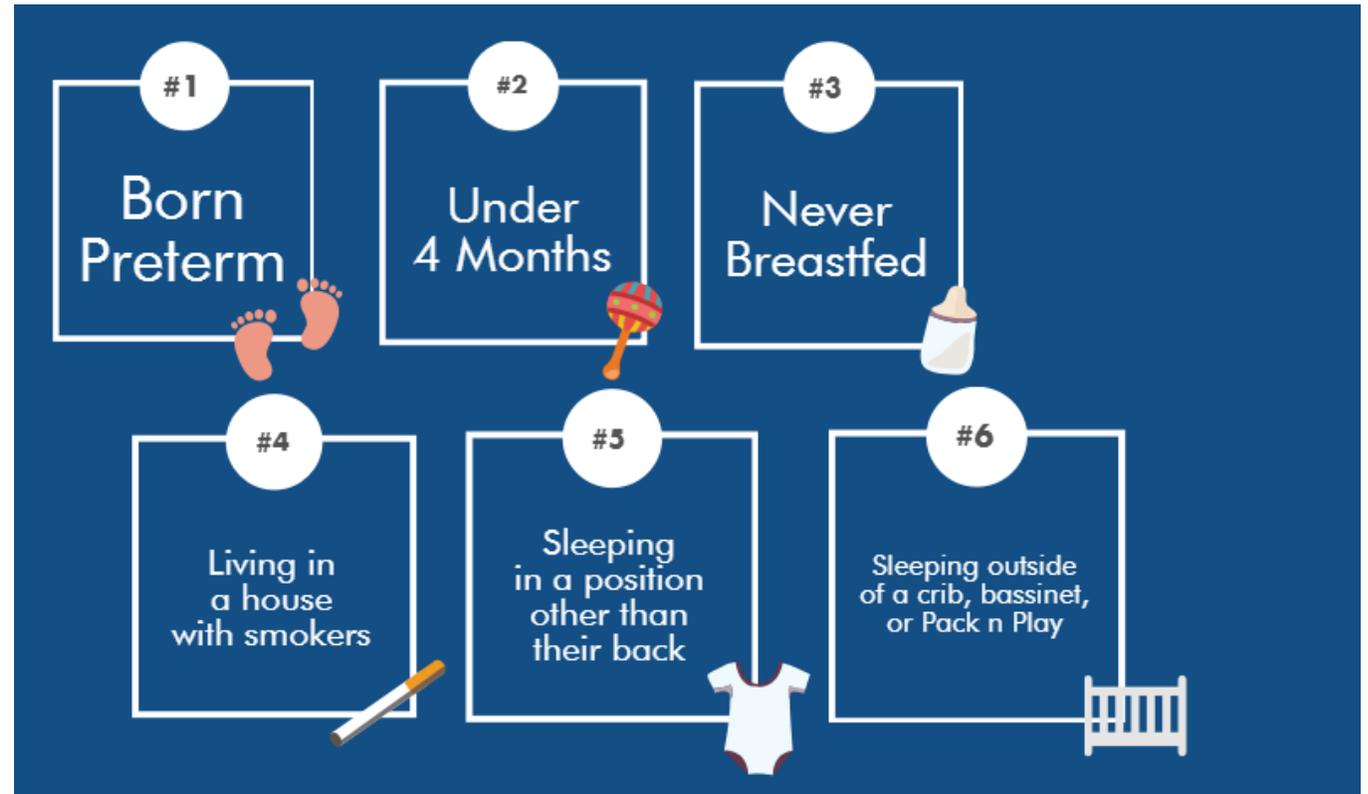


# SIDS/SUID

SUDDEN INFANT DEATH  
SYNDROME (SIDS)

SUDDEN UNEXPLAINED INFANT  
DEATH (SUID)

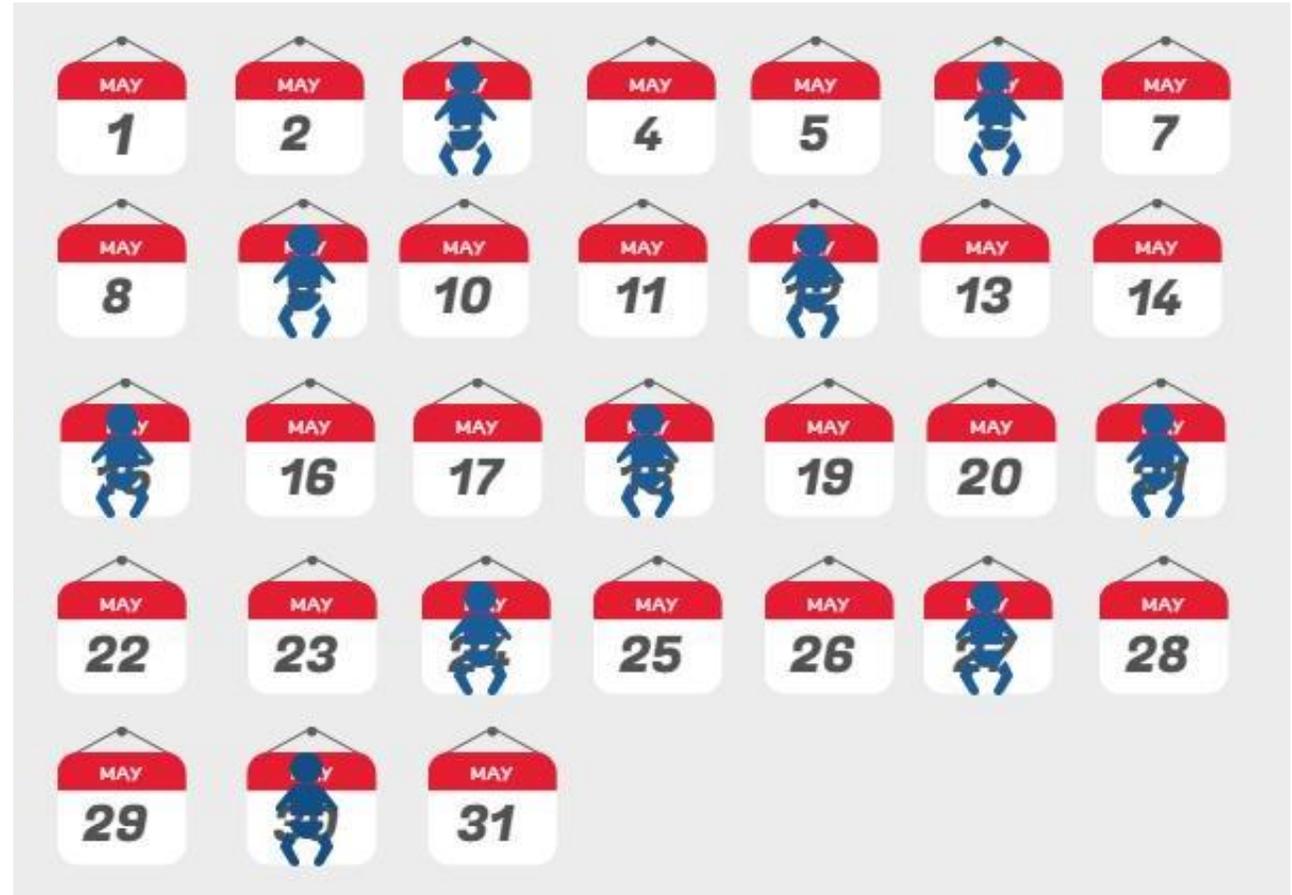
Sleep-related deaths are MOST  
common among babies who  
were:





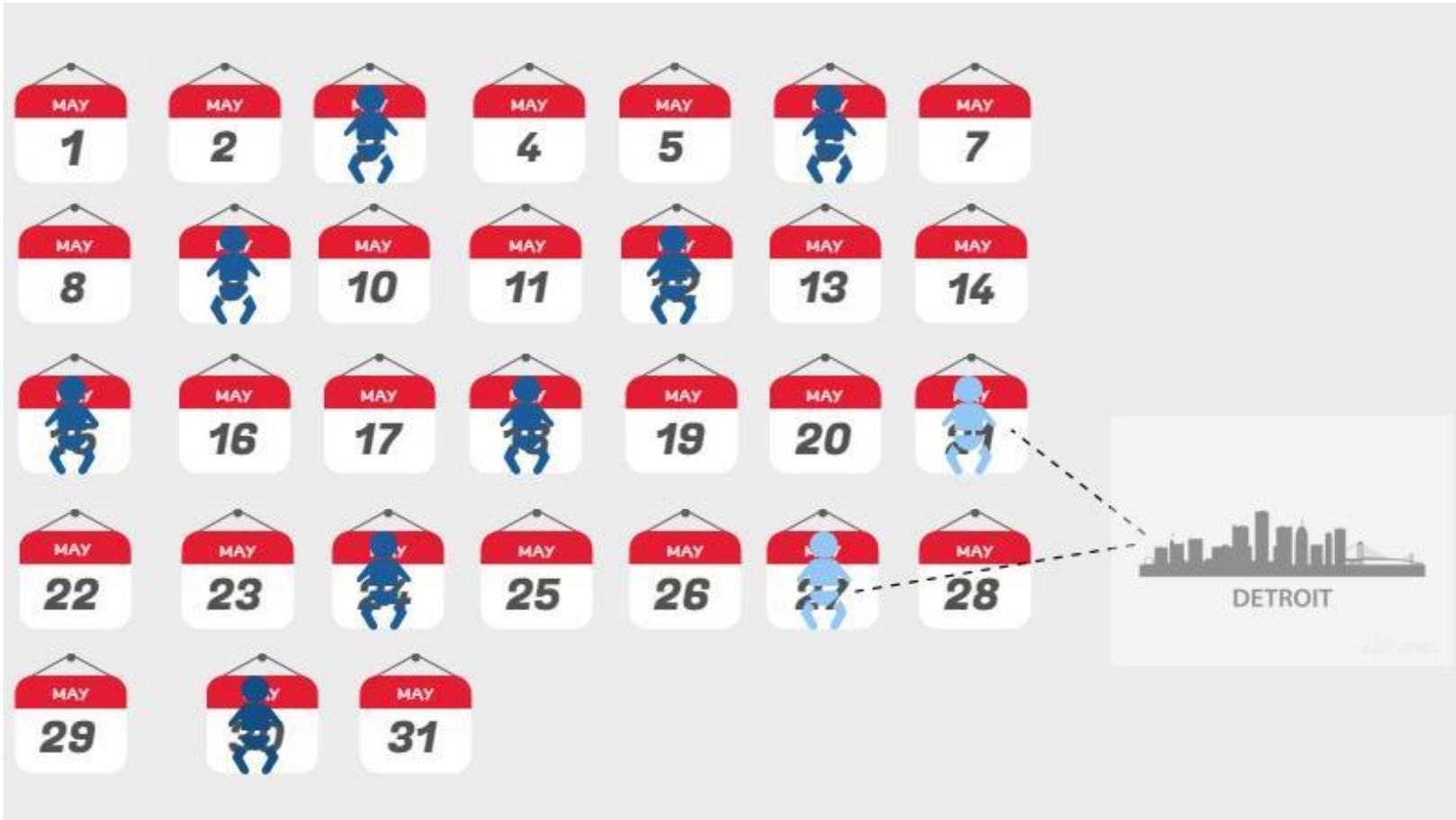
# Quick Facts

- Every **3 days** a baby dies in Michigan from sleeping in an unsafe environment
  - That's **10 babies** every month
  - That's **2x as many** as those who die from car crashes, cancer, drowning, house fires, the flu, or other accidents





# Quick Facts



- **20-25%** of these deaths occur in Detroit each year
- At least **2 Detroit babies** every month



# Quick Facts

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Of those Detroit Babies...

- **More than half** of these babies were sleeping with another person
- **More than half** were on their side or stomach
- **73%** were in a location other than a crib, bassinet or Pack 'N Play



# What Every Parent Needs to Know





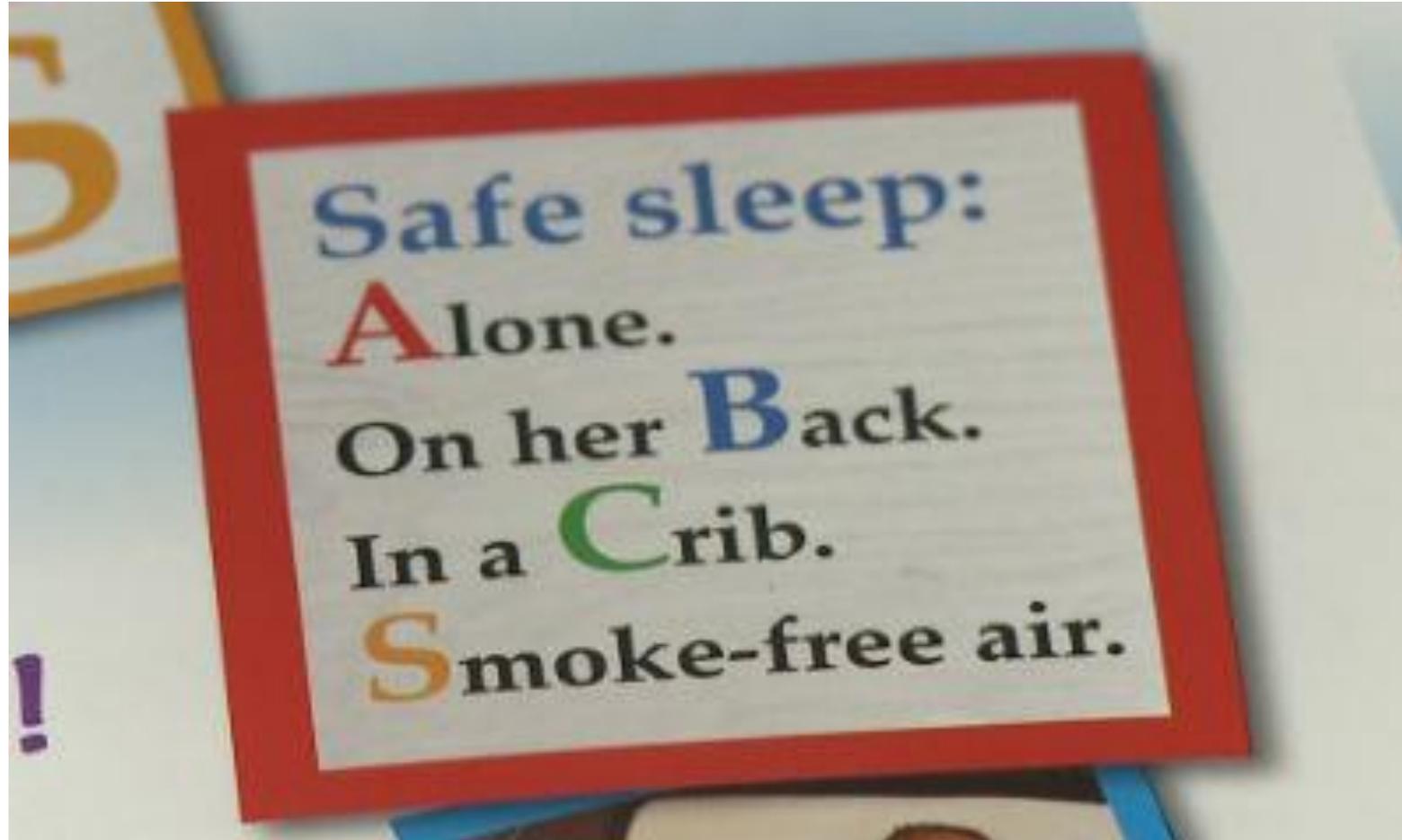
“I sleep in the same position all night”

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# What does Safe Sleep look like?





A = ALONE

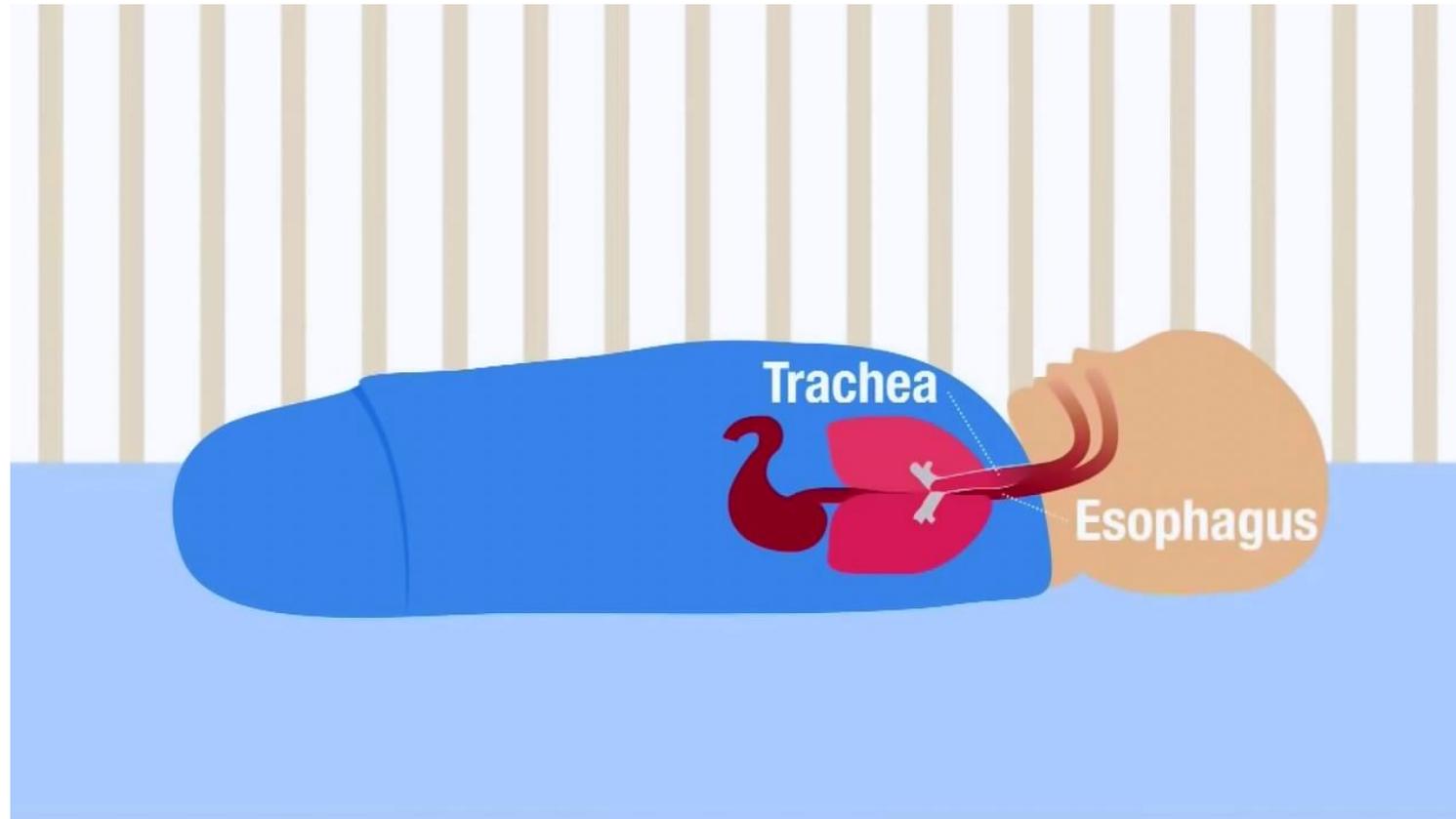
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B = BACK

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C = CRIB

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# S = SMOKE-FREE



- **DO NOT SMOKE AROUND BABY**
- Babies exposed to smoke are **5 times** more likely to be a victim of sleep-related death
- If somebody in your home smokes make sure they:
  - Smoke outside
  - Change scarves/clothing after smoking
  - Wash face/hands before touching baby



# What else can you do to protect your baby?

- **SHARE A ROOM, NOT A BED WITH YOUR BABY**
- **BREASTFEED YOUR BABY**
  - This reduces the risk of SUID/SIDS
  - **BUT make sure to put baby back in crib after you finish feeding**
- **PRACTICE TUMMY TIME WHILE YOU ARE ALERT, AWAKE, SUPERVISING**
- **KEEP YOUR INFANT'S IMMUNIZATIONS UP TO DATE**





# What else can you do to protect your baby?

- **DO NOT OVERHEAT! – BABIES ARE COMFORTABLE IN 68°F-72°F**
  - **SIGNS OF OVERHEATING:**
    - Damp neck/head
    - Redness in face
    - Rapid breathing
- **SHARE YOUR SAFE SLEEP PLAN!**
  - Grandparents, family members, friends, day care centers, and anyone else who watches your baby while he/she sleeps should know the ABCs of Safe Sleep





# Talking to Clergy

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50 YEARS AGO...

TODAY





# What is Wrong with this Picture?

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# Quick Recap: What is Wrong with this Picture?

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# Quick Recap: Safe Sleep in Action

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# Crying Babies

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- Babies usually cry the most starting around 2 weeks of age until about 3 to 4 months of age
- Reasons for crying can include the following:
  - Hunger
  - Dirty diaper
  - Sleepy
  - Too cold/warm
  - Clothes too tight
  - Needs attention/Wants to be held
  - Needs to burp
  - Upset Stomach
  - Teething
  - Too much/too little stimulation
  - Sick (if you think your baby is sick check for other symptoms such as a fever, rash, cough, etc.)



# It's OK to WALK AWAY



- Almost 4,000 incidents of Shaken Baby Syndrome (SBS) or Abusive Head Trauma (AHT) are reported across the country every year
  - This can cause blindness, permanent brain damage, and even death
- If you feel like you want to shake, hit, throw, or harm your baby you should WALK AWAY
  - First make sure that your baby isn't hungry, sick, or need a diaper changed,
  - Then make sure that your baby is lying alone, on the back, and in the crib/bassinet/pack n play
  - Finally WALK AWAY – Take a few moments to calm down before returning to the baby

# Did you Know?...

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The first unsafe sleep death is mentioned in the Bible.

1 King 3:16-28 King James Version (KJV) vs.19 –And this woman's child died in the night; because she overlaid it.

# Working with the faith-based community

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## Basics

The church is the pillar of the community, they are trusted by many, and the congregation and community more likely will adhere to the safe sleep practices coming from the pastor/ministry rather than local government.

Faith-based has a long tradition of caring for people. You have taken care of the sick, fed the hungry and comforted those that were in need.

Your involvement in Infant Safe Sleep will continue these traditions and make a difference in the lives of those in need.

# Techniques

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We would like to engage you as partners and strategize how we can save our babies.

- Saving babies must involve the whole community.

Why do we want you to be partners?

- Another avenue to spread the word.
  - Participants from different sectors.
  - Diverse group of people coming together to learn and help spread the word.
  - Give the congregation a chance to talk and learn from each other.
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# The Ask....

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## What can you do as Faith-based leaders?

1. Learn more about Infant Safe Sleep.
2. Have a Health Department Representative teach a safe sleep class at your faith-based organization.
3. Join Detroit Health Department Infant Safe Sleep advisory committee which meets quarterly.
4. Attend our Safe Sleep Prayer Luncheon on September 27, 2019.
5. Be a part of our safe sleep Sabbath- Sunday, September 29, 2019.

# Challenges/Barriers

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Commitment...



# Questions?

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If you have questions after this class, please call  
**313-410-5264** OR our **961-BABY** maternal child health hotline

Make sure that you follow us on social media!



Detroit Health Department



@DetHealth

Thank You!