

Safe Sleep Initiatives

ABCs OF SAFE SLEEP

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Ohio Chapter



The US ranks last among industrialized nations in infant mortality.

* Source: SIDS Network of Ohio

Ohio AAP is committed to reducing infant mortality with a safe sleep campaign that includes:



Pediatrician counseling and resources.



Hospital program to improve compliance with safe sleep practices in the hospital setting.



Media campaign to educate parents and caregivers about safe sleep practices.



Babies sleep safest Alone, on their Back, in a Crib.

- Your baby sleeps safest in the room where you sleep, but not in your bed. AAP recommends infants share their parents' rooms for at least the first six months and, optimally, for the first year of life
- Sleep environments should be free from blankets, pillows, bumpers, stuffed animals and other soft objects.
- Breastfeeding is recommended to help reduce the risk of SIDS.

Statistics



- SIDS and unintentional suffocation is the **leading cause of death for infants between 1 month and 12 months** of age, most commonly occurring among infants who are **1-4 months old**.



- More than **nine infants die** each day in the US in unsafe sleep environments.

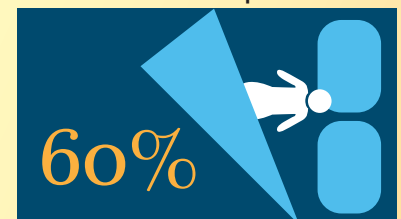
For more information about the Ohio AAP Safe Sleep campaign, visit www.ohioaap.org/safesleep. Questions? Contact Hayley Southworth at HSouthworth@ohioaap.org

2007-2011 | Ohio Child Fatality Review Sleep Environments

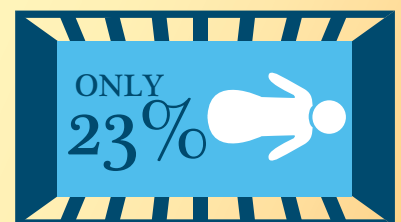
Of **819** sleep-related deaths, only **51 (6%)** of reviews indicated the baby was placed **Alone, On the Back, In a Crib or Bassinet**



(473) were sharing a sleep surface with another person



(494) occurred in unsafe places: adult beds, sofas, chairs



(192) occurred in a crib or bassinette