



TAYLOR TIDBITS



SAFE TO SLEEP CAMPAIGN

The **Safe to Sleep** campaign is an initiative of the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development to educate parents on the safest sleeping environment to reduce the risk of Sudden Infant Death Syndrome (SIDS). The Safe to Sleep campaign was originally called Back to Sleep which started in 1994. Since then, more and more infants began sleeping on their backs and the rate of SIDS drastically decreased by 50%. Taylor Regional Hospital wants to increase the awareness and knowledge about safe sleep to promote the safety for our infants because reducing the risk of SIDS remains an important health priority.

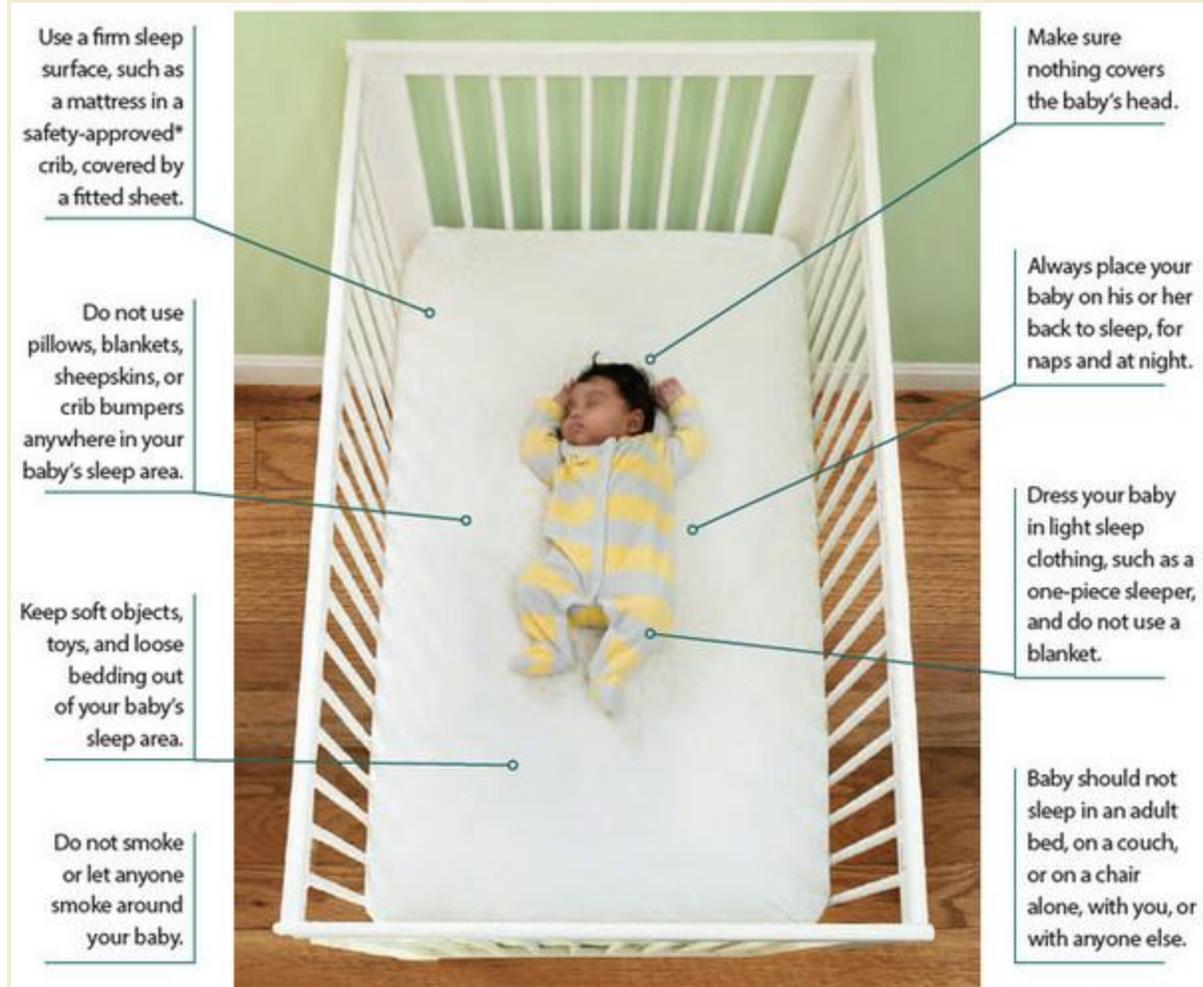
Sudden Infant Death Syndrome (SIDS) is the sudden, unexpected death of a baby younger than 1 year of age that does not have a known cause even after a thorough analysis. Approximately 4,000 infants in the United States die every year from Sudden Unexpected Infant Death or "SUID", with SIDS being the leading cause and strangulation in bed, accidental suffocation and no reason being the other causes.

There are several actions pregnant women can take to help prevent SIDS including: going to all your prenatal doctor visits, not smoking or be around any one that smokes, and not drinking alcohol or using drugs during or after pregnancy. After the baby is born, remember to do "Tummy Time" daily with your infant, about 3-5 minutes at a time. Tummy time helps strengthen your infant's neck muscles so they can hold their head. Also, stay beside your infant during tummy time to make sure they stay awake. With this information, the Labor and Delivery/Nursery Staff at Taylor Regional Hospital will continue to educate our mothers and fathers about Safe Sleep in order to help protect our infants and decrease the rate of SIDS in our community and abroad.

Article submitted by:
Harriet Bereza, RN,BSN
Labor & Delivery/Nursery
Taylor Regional Hospital

How a Safe Sleep Environment Should Look

You can reduce your baby's risk of SIDS and other sleep-related causes of infant death in the following ways.



*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.