



## **Getting Ready to Parent: Newborn Child Safety Packet**

**Includes information on:**

*Safe Sleeping*

*SIDS*

*Shaking Baby*

*Crib Safety*



## **Safe Sleeping Policy**

All families affiliated with Adoption STAR will receive information on safe sleeping, baby care, and crib safety which supports an infant sleeping in an approved crib, not a “family bed” to assure the infant’s safety and reduce the possibility of SIDS. Additionally, all adoptive families planning to adopt a baby are required to have a crib in their home that meets the current safety standards. This regulation refers to a “crib” and does not authorize a bassinet, cradle, or bedside co-sleeper, though a play yard that meets current safety standards is permissible.

The purpose of The Agency’s Safe Sleeping Policy is to ensure the safe sleeping of infants and toddlers and to help educate all parents on its importance.

1. Adoption STAR believes that all parents should be knowledgeable on safe sleeping practices and be able to utilize the safe sleeping procedures.
2. Adoption STAR will provide prospective adoptive parents and birth parents that select to parent their child with information and literature on safe sleeping.
3. Such information will educate parents to practice safe sleeping procedures and habits.
4. The information will include but will not be limited to strongly recommending parents to:
  - (a) Always place a baby on his/her back every time the child is sleeping. A child will naturally cough or swallow fluids so choking will not be an issue. A child sleeping on his/her side is more likely to accidentally roll onto the belly causing the baby to be unsafe.
  - (b) Use current safety standard cribs (which may include play yards) designed to accommodate sleeping infants. Do not place infants to sleep on sofas, chairs, or other soft or unstable surfaces. Cradles, bassinets, and bedside co-sleepers are not recommended.
  - (c) Never allow the infant sleep in a bed with parents, other children or pets since this may lead to the unintentional suffocation of the infant.
  - (d) Be sure that the crib mattress is one that is approved by the Consumer Product Safety Commission or the Juvenile Product Manufacturers Association.
  - (e) Be sure that the crib should be free of any blankets, stuffed animals, pillows, bumpers, or any other object that could restrict an infant’s breathing.

- (f) Communicate to those caring for the child the importance of placing the baby on his/her back to sleep. A child who is placed to sleep on it's back at home and then placed on it's belly to sleep, while being cared for by another person, is more likely to die of Sudden Infant Death Syndrome (according to the American Academy of Pediatrics).
  - (g) Avoid bundling the child too much while sleeping, as this may make the child become too hot. Signs that a child is too warm are flushed cheeks, damp hair, and sweating. The baby should be dressed lightly and the room temperature should be set at a level that a lightly clothed adult would be comfortable in. Keep the infant's room a comfortable moderate temperature.
  - (h) Have a caretaker, who is free of alcohol, tobacco or other drugs, within earshot of the sleeping infant.
  - (i) Avoid smoking around the child and not let babies sleep in a room where smoking is permitted.
  - (j) Not utilize car seats and infant seat carriers to replace the crib as a sleep surface due to the risk of the harness straps causing upper airway obstruction.
  - (k) Understand that "tummy time" is safe for a baby while they are awake and being watched closely by an adult.
5. An information packet including the above information as well as other related information is presented to the Adoption STAR client during educational classes, counseling and at time of placement or discharge of infant from the hospital/agency. The packet will include:
- (a) Safe Sleeping HFCA-SIDS – a 2-sided flyer from The American Academy of Pediatrics
  - (b) Safe to Sleep flyer – English and Spanish flyer endorsed by NYS OCFS, NYS Children and Family Trust Fund, Healthy Families NY and the NYS Department of Health
  - (c) Keeping Sleeping Babies Safer – a brochure produced by NYS OCFS
  - (d) A Parents Guide to Safe Sleep: Reducing the risks of SIDS – 2-sided flyer from The American Academy of Pediatrics
6. In addition to the above Safe Sleeping literature, the Adoption STAR client who elects to parent will also be provided information on Crib Safety and Shaking Baby Syndrome.
7. The Adoption STAR staff will also receive education and training on the topics discussed within this policy.



# What does a safe sleep environment look like?

*Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death*



Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

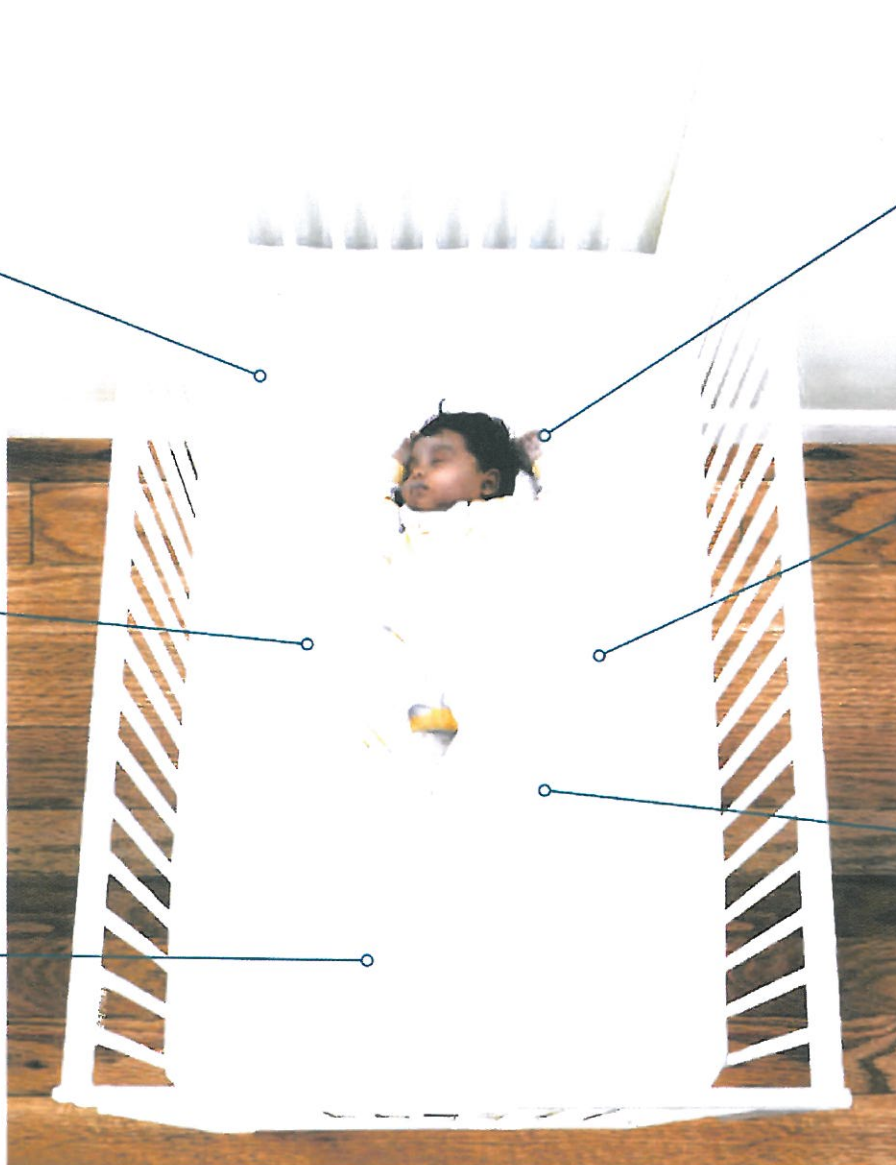
Do not smoke or let anyone smoke around your baby.

Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



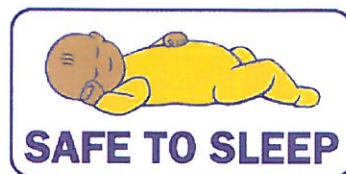
\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
NATIONAL INSTITUTES OF HEALTH  
Eunice Kennedy Shriver National Institute of Child  
Health and Human Development



# Safe Sleep For Your Baby



- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
  - Get regular health care during pregnancy, and
  - Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Do not let your baby get too hot during sleep.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- Do not use home heart or breathing monitors to reduce the risk of SIDS.
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.



## Remember Tummy Time!

Place babies on their stomachs when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

For more information about SIDS and the Safe to Sleep campaign:

**Mail:** 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

**Phone:** 1-800-505-CRIB (2742)

**Fax:** 1-866-760-5947

**Website:** <http://www.nichd.nih.gov/SIDS>

NIH Pub. No. 12-5759 OCFS Pub 5136

September 2012





# HELPFUL TIPS TO KEEP YOUR BABY SAFE

## Safe to Sleep

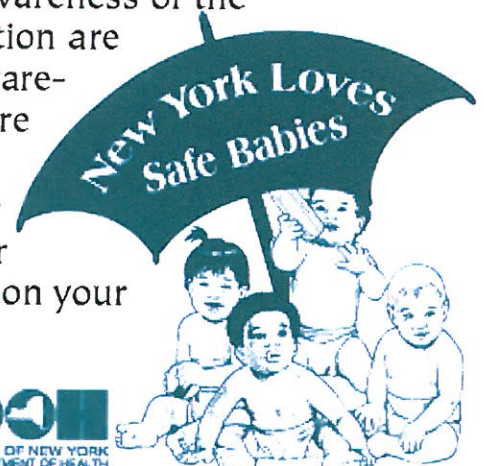
All babies need a place where it is safe to sleep. There are steps that parents and caretakers should take to make sure that it is "Safe to Sleep" when putting infants to bed, to prevent infant deaths from unsafe sleeping arrangements and to reduce the risk of Sudden Infant Death Syndrome (SIDS).

An increasing number of fatalities have been reported involving the sleeping arrangements of infants. These involved cases of infants sleeping alone in unsafe surroundings as well as infants sleeping with other persons.

SIDS is the sudden death of an infant under 1 year of age that remains unexplained after a complete investigation. SIDS is the leading cause of death in infants ages 1 month to 12 months.

The "safe to sleep" tips below can help keep your baby healthy and safe.

- ◆ Place your baby on his or her back to sleep, even for naps. "Back to Sleep" is the safest sleep position for your baby. Talk to all caregivers about safe sleep practices and the risk of SIDS.
- ◆ To further reduce the risk of SIDS, dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for a lightly dressed adult. Keep a smoke-free home for your baby, and consider offering a pacifier during naps and at bedtime.
- ◆ Place your baby to sleep in a child-safe crib with a firm mattress. Sofas, chairs, futons, and waterbeds are not safe places for a baby to sleep. Keep loose bedding and soft objects such as pillow, comforters and stuffed toys out of the baby's sleep environment. Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness and safety.
- ◆ The American Academy of Pediatrics (AAP) recommends parents place the infant's crib or bassinet near their bed to allow for convenient parent/child contact and breastfeeding.
- ◆ Overtiredness may cause parents to fall asleep with their infant, only to have the baby slip beneath them or down into the chair or bed frame. The AAP advises parents who choose to feed their infant in bed to be aware of these risks.
- ◆ Bed sharing during sleep is not recommended, since it may increase the risk of the infant becoming caught in bedding or smothered during the shifting that may occur during sleep. Bed sharing is especially dangerous if the adult has used alcohol or drugs. It may cause deeper sleep that can lead to decreased awareness of the infant and the sleeping environment. Parents on medication are advised to read the prescription's warnings and directions carefully; if you have any questions, contact your health care provider.
- ◆ Some "tummy time" during awake hours is good for your baby. It helps to strengthen your baby's neck and shoulder muscles, and reduces the chance of flat spots developing on your baby's head.







# Safe Sleep for Your Baby

Each year in New York State, babies die from Sudden Infant Death Syndrome (SIDS) and injuries in their sleep area. Take care of your baby by following these simple steps:

- ✱ Place your baby on his or her back to sleep, for naps and at night.
- ✱ Use a safety-approved crib with a firm mattress covered by a fitted sheet.
- ✱ Make sure blankets do not cover your baby's head. Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

- \* Remove pillows, quilts, sheepskins, bumpers, stuffed toys, and loose bedding from your baby's sleep area.
- \* Your baby is safest sleeping in a crib or bassinet near your bed. Your baby should not sleep in a bed or on a couch or armchair with adults or other children.
- \* Don't let your baby get too hot from wearing too many clothes or covers.
- \* Make sure no one smokes in your home or around your baby.
- \* Try using a pacifier when placing your infant to sleep but don't force the baby to take it. When breastfeeding, wait 1 month or until your baby has learned to breastfeed before trying a pacifier.
- \* Don't forget Tummy Time when your baby is awake and is being watched.
- \* Tell everyone who cares for your baby about these important safety tips!

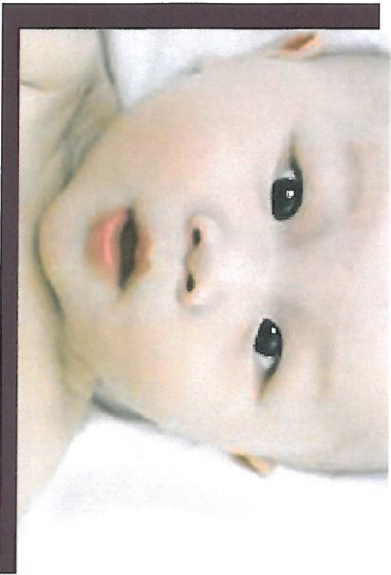


FOR MORE INFORMATION, CALL  
 NEW YORK STATE CENTER FOR SUDDEN INFANT DEATH  
**1-800-336-7437**



## Other things you can do to keep babies safe:

- ◆ Offer a pacifier at nap time and at bedtime during the first year of life. For breastfed infants, offer the pacifier after one month of age to ensure that breastfeeding goes well.
- ◆ Make sure no one smokes in the home or around the baby.
- ◆ Avoid products that claim to keep the baby in a “safe” position: most of these have not been tested for safety; some can actually increase the risk of harm.
- ◆ Give the baby some supervised “tummy time” when she is awake. This helps develop the baby’s muscles, and reduces the chances of flat spots on the head.
- ◆ Share this “Safe Sleeping” information with everyone who takes care of the baby.



## For more information about keeping sleeping babies safer, contact:

New York State Office of Children & Family Services

**800.345.KIDS (5437)**

**[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)**

New York State Department of Health  
**[www.nyhealth.gov](http://www.nyhealth.gov)**

Growing Up Healthy Hotline  
**800.522.5006**

Prevention Information Resource Center  
(PIRC) and Parent Helpline  
**800.342.PIRC (7472)**

New York State Center for  
Sudden Infant Death  
**800.336.7437**



**New York State  
Office of Children & Family Services**  
**[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)**

*“...promoting the well-being  
and safety of our children,  
families and communities. ...”*

Pub. 5002 (Rev. 08/08)



# Keeping Sleeping Babies Safer

A baby needs you when she is awake  
**and** when she is ready to sleep.



## Keeping Sleeping Babies Safer

As a caregiver, you know that keeping your baby safe is important. Your baby needs you when she is awake *and* when she is ready to sleep.

Every year across New York State, some babies die when sleeping in unsafe surroundings. You can reduce this danger by taking a few simple steps every time you put a baby down to sleep.

First, you should think about placing the baby's crib in your room near your bed. Sleeping close to your baby makes care easier, and can make breastfeeding more convenient.



### Babies are safest when sleeping:

- ◆ on their backs
- ◆ alone in a safety-approved crib
- ◆ on a firm mattress
- ◆ without any soft items (such as pillows, comforters, or stuffed toys)
- ◆ with lightweight sleep clothing in a room that is a comfortable temperature for a lightly dressed adult



### Babies are *not* safe when sleeping:

- ◆ on their tummies or sides
- ◆ on a pillow, waterbed, air mattress, bean bag or any other soft surface
- ◆ in a cushioned chair or recliner, or on a couch (a baby's head can get trapped)
- ◆ with blankets (instead, use lightweight sleep clothing, such as a one-piece sleeper)
- ◆ with another baby or child
- ◆ with an adult who:
  - is overly tired
  - is taking medication that can cause sleepiness
  - has been drinking alcohol or using drugs
  - is very overweight

These situations can be dangerous for a baby. The baby can suffocate, or get overheated, or roll off and be seriously hurt.





## Will You Need to Replace Your Crib?

The U.S. Consumer Product Safety Commission (CPSC) voted unanimously to approve new mandatory standards for full-size and non-full-size baby cribs. The federal crib standards had not been updated in nearly 30 years and these new rules are expected to usher in a safer generation of cribs. Effective June 2011, cribs manufactured, sold, or leased in the United States must comply with the new federal standards. New federal standards include a ban on drop-side cribs, increase the weight that crib slats must support, and change mattress and fastening standards. **Effective December 28, 2012, all child care facilities, including family-based care, child care centers and those providers who receive subsidy dollars for child care services must have compliant cribs in their facilities.** It is important that providers understand that they must be in compliance with the new federal law on December 28, 2012. For more information, go to the CPSC webpage: <http://www.cpsc.gov/CPSCPUB/PREREL/prhtml11/11074.html> or call the CPSC Hotline: (800) 638-2772.

**All parents are urged to examine this new federal law and to follow and support these mandatory crib standards** which will (1) stop the manufacture and sale of dangerous, traditional drop-side cribs; (2) make mattress support stronger; (3) make crib hardware more durable; and (4) make safety testing more rigorous.

CPSC has recalled more than 11 million dangerous cribs since 2007. Detaching drop-side rails were associated with at least 32 infant suffocation and strangulation deaths since 2000. Additional deaths have occurred due to faulty or defective hardware.

A list of recalled cribs is posted at <http://www.cpsc.gov/cgi-bin/prod.aspx>. If you have a recalled crib please contact the manufacturer who will supply you with a free repair kit. Do not attempt to fix the crib without the kit. Please check your drop side cribs for safety upon every use.





www.cpsc.gov

# Child Care Providers

## Your Guide to New Crib Standards

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards take effect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

### What you should know...

- This is more than a drop side issue. Immobilizing your current crib will not make it compliant.
- You cannot determine compliance by looking at the product.
- The new standards apply to all full-size and non full-size cribs including wood, metal and stackable cribs.
- If you purchase a crib prior to the June 28, 2011 effective date and you are unsure it meets the new federal standard, CPSC recommends that you verify the crib meets the standard by asking for proof.
  - o Ask the manufacturer, retailer, importer or distributor to show a Certificate of Compliance. The document must:
    - Describe the product
    - Give name, full mailing address and telephone number for importer or domestic manufacturer
    - Identify the rule for which it complies (16 CFR 1219 or 1220)
    - Give name, full mailing address, email address and telephone number for the records keeper and location of testing lab
    - Give date and location of manufacture and testing
  - o The crib must also have a label attached with the date of manufacture

### What you should do...

- All child care facilities, family child care homes, and places of public accommodation:
  - o Must prepare to replace their current cribs with new, compliant cribs before December 28, 2012.
  - o Should not resell, donate or give away a crib that does not meet the new crib standards.
- Dispose of older, noncompliant cribs in a manner that the cribs cannot be reassembled and used.
- Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores. CPSC recommends disassembling the crib before discarding it.





# A PARENTS' GUIDE TO SAFE SLEEP

Helping you to reduce the risk of SIDS

## DID YOU KNOW?

- About one in five sudden infant death syndrome (SIDS) deaths occur while an infant is in the care of someone other than a parent. Many of these deaths occur when babies who are used to sleeping on their backs at home are then placed to sleep on their tummies by another caregiver. We call this "unaccustomed tummy sleeping."
- Unaccustomed tummy sleeping increases the risk of SIDS. Babies who are used to sleeping on their backs and are placed to sleep on their tummies are 18 times more likely to die from SIDS.

**You can reduce your baby's risk of dying of SIDS by talking to those who care for your baby, including child care providers, babysitters, family, and friends, about placing your baby to sleep on his back at night and during naps.**

## WHO IS AT RISK FOR SIDS?:

- SIDS is the leading cause of death for infants between 1 month and 12 months of age.
- SIDS is most common among infants that are 2-4 months old. However, babies can die of SIDS until they are 1 year old.

## WHAT CAN I DO BEFORE MY BABY IS BORN TO REDUCE THE RISK OF SIDS?

Take care of yourself during pregnancy and after the birth of your baby. During pregnancy, before you even give birth, you can reduce the risk of your baby dying from SIDS! **Don't smoke or expose yourself to others' smoke while you are pregnant and after the baby is born.** Be sure to visit a physician for regular prenatal checkups to reduce your risk of having a low birth weight or premature baby. Breastfeed your baby, if possible, at least through the first year of life.

## KNOW THE TRUTH... SIDS IS NOT CAUSED BY:

- Immunizations
- Vomiting or choking

## WHAT CAN I DO TO HELP SPREAD THE WORD ABOUT BACK TO SLEEP?

- Be aware of safe sleep practices and how they can be made a part of our everyday lives.
- When shopping in stores with crib displays that show heavy quilts, pillows, and stuffed animals, talk to the manager about safe sleep, and ask them not to display cribs in this way.
- Monitor the media. When you see an ad or a picture in the paper that shows a baby sleeping on her tummy, write a letter to the editor.
- If you know teenagers who take care of babies, talk with them. They may need help with following the proper safe sleep practices.
- Set a good example – realize that you may not have slept on your back as a baby, but we now know that this is the safest way for babies to sleep. When placing babies to sleep, be sure to always place them on their backs.

## IT IS EASY AND FREE TO MAKE SAFE SLEEP PRACTICES A PART OF YOUR DAILY LIFE.

This way, you will know that you are doing all that you can to keep your baby healthy and safe. Do your best to follow the guidelines above.

## WHERE IS THE SAFEST PLACE FOR MY BABY TO SLEEP?

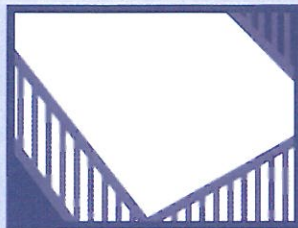
The safest place for your baby to sleep is in the room where you sleep. Place the baby's crib or bassinet near your bed (within an arm's reach). This makes it easier to breastfeed and to bond with your baby.

The crib or bassinet should be free from toys, soft bedding, blankets, and pillows. (See picture on next page.)





Face up to wake up – healthy babies sleep safest on their backs.



Do not place pillows, quilts, toys, or anything in the crib.



If a light blanket is needed, tuck all sides along bottom half of crib, below baby's arms.



Supervised tummy time during play is important to baby's healthy development.

## HOW CAN I REDUCE MY BABY'S RISK?

Follow these guidelines to help you reduce your baby's risk of dying from SIDS.

### SAFE SLEEP PRACTICES

- Always place babies to sleep on their backs during naps and at nighttime. Because babies sleeping on their sides are more likely to accidentally roll onto their stomach, the side position is not as safe as the back and is not recommended.
- Don't cover the heads of babies with a blanket or overbundle them in clothing and blankets.
- Avoid letting the baby get too hot. The baby could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and rapid breathing. Dress the baby lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.

### SAFE SLEEP ENVIRONMENT

- Place your baby in a safety-approved crib with a firm mattress and a well-fitting sheet (cradles and bassinets may be used, but choose those that are JPMA (Juvenile Products Manufacturers Association) certified for safety).
- Place the crib in an area that is always smoke free.
- Don't place babies to sleep on adult beds, chairs, sofas, waterbeds, or cushions.
- Toys and other soft bedding, including fluffy blankets, comforters, pillows, stuffed animals, and wedges should not be placed in the crib with the baby. These items can impair the infant's ability to breathe if they cover his face.
- Breastfeed your baby. Experts recommend that mothers feed their children human milk at least through the first year of life.

## TALK ABOUT SAFE SLEEP PRACTICES WITH EVERYONE WHO CARES FOR YOUR BABY!

When looking for someone to take care of your baby, including a child care provider, a family member, or a friend, make sure that you talk with this person about safe sleep practices. Bring this fact sheet along to help, if needed. If a caregiver does not know the best safe sleep practices, respectfully try to teach the caregiver what you have learned about safe sleep practices and the importance of following these rules when caring for infants. Before leaving your baby with anyone, be sure that person agrees that the safe sleep practices explained in this brochure will be followed all of the time.

## IS IT EVER SAFE TO HAVE BABIES ON THEIR TUMMIES?

Yes! You should talk to your child care provider about making tummy time a part of your baby's daily activities. Your baby needs plenty of tummy time while supervised and awake to help build strong neck and shoulder muscles. Remember to also make sure that your baby is having tummy time at home with you.

## TUMMY TO PLAY AND BACK TO SLEEP

- Place babies to sleep on their backs to reduce the risk of SIDS. Side sleeping is not as safe as back sleeping and is not advised. Babies sleep comfortably on their backs, and no special equipment or extra money is needed.
- "Tummy time" is playtime when infants are awake and placed on their tummies while someone is watching them. Have tummy time to allow babies to develop normally.

If you have questions about safe sleep practices please contact Healthy Child Care America at the American Academy of Pediatrics at [childcare@aap.org](mailto:childcare@aap.org) or 888/227-5409. Remember, if you have a question about the health and safety of your child, talk to your baby's doctor.

## RESOURCES:

American Academy of Pediatrics

<http://www.aappolicy.org>

*The Changing Concept of Sudden Infant Death Syndrome: Diagnostic Coding Shifts, Controversies Regarding the Sleeping Environment, and New Variables to Consider in Reducing Risk*  
<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;116/5/1245.pdf>

Healthy Child Care America

<http://www.healthychildcare.org>

National Resource Center for Health and Safety in Child Care and Early Education  
<http://nrc.uchsc.edu>

Healthy Kids, Healthy Care: A Parent Friendly Tool on Health and Safety Issues in Child Care  
<http://www.healthykids.us>

National Institute for Child and Human Development Back to Sleep Campaign  
 Order free educational materials from the Back to Sleep Campaign at  
<http://www.nichd.nih.gov/sids/sids.cfm>

First Candle/SIDS Alliance  
<http://www.firstcandle.org>

Association of SIDS and Infant Mortality Programs  
<http://www.asip1.org>

CJ Foundation for SIDS  
<http://www.cjsids.com>

National SIDS and Infant Death Resource Center  
<http://www.sidscenter.org/>

The Juvenile Products Manufacturers Association  
<http://www.jpma.org/>

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



## Program Coordination

### Contact Information



**WOMEN & CHILDREN'S  
HOSPITAL OF BUFFALO**

*A Kaleida Health Facility*

*Upstate Region*  
**Kaleida Health  
Women and Children's  
Hospital of Buffalo**  
**(716) 878-7441**

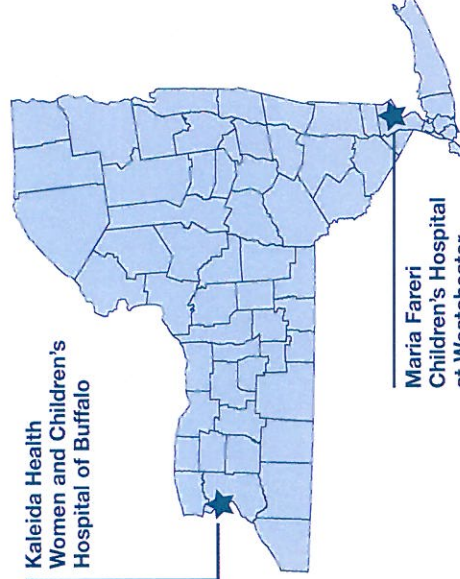


*Downstate Region*  
**Maria Fareri  
Children's Hospital at  
Westchester Medical Center**  
**(914) 493-7235**

## About The Program

The New York Shaken Baby Prevention Program is a state-wide effort to educate all parents about shaken baby syndrome and how to prevent it. Leadership for the program is by health professionals at two regional medical centers: Women & Children's Hospital of Buffalo, A Kaleida Health Facility in upstate New York and Maria Fareri Children's Hospital at Westchester Medical Center in downstate New York. All hospitals in New York State have the opportunity to participate in this important initiative.

Kaleida Health  
Women and Children's  
Hospital of Buffalo



Maria Fareri  
Children's Hospital  
at Westchester  
Medical Center



*The program is funded, in part, through the New York State William B. Hoyt Memorial Children and Family Trust Fund, a program administered under the NYS Office of Children and Family Services.*

New York  
Shaken  
Baby  
Prevention  
Program



# PREVENTING Shaken Baby Syndrome

*A Guide for  
Parents*



## *Normal Crying*

Crying is a normal, everyday activity in the lives of babies. Some infants cry very little while others cry a lot. Not every baby is easy to calm. Crying is the only way babies have to communicate their needs. They might cry when they are hungry, lonely, tired or when their diaper needs to be changed. While crying is a normal part of every baby's day, crying can also mean that your baby is sick or in pain. If you think this is the case, it is important to contact your pediatrician.

## **If Crying Is Getting To You**

### **Stop**

Place the baby in a comfortable and safe place, such as a crib or play pen, and walk away. It is okay to let your baby cry while you calm down. Crying won't cause brain damage or harm your baby in any way.

### **Relax**

Once your baby is in a safe place, walk outside for a couple of minutes or go into another room where the crying is not so loud. Sit down and take ten deep breaths. Listen to music, take a shower or exercise.

### **Take a break**

If possible, call a trusted friend, neighbor, or family member to help you for a while so you can take a little break.

## *What To Do When Your Baby Cries*

If you have checked for all of the reasons why a baby might cry and your baby is still crying, you can try some of these suggestions:

- Rub her back or stroke her head as you count slowly out loud.
- Let him listen to a repeating or soothing sound.
- Walk outdoors with her.
- Gently rock him in your arms or walk with him against your shoulder.
- Hum or sing to her.
- Try a pacifier, or help him find his thumb to suck on.
- Put her in a car seat and take a car ride.
- Carry him in a "snuggly".

# PREVENTING *Shaken* Baby S y n d r o m e

## *What is Shaken Baby Syndrome?*

Shaken Baby Syndrome describes the serious injuries that can occur when an infant, toddler, or child is shaken. They have heavy heads and weak neck muscles, causing the delicate brain to move back and forth inside the skull. This can cause injury to the brain, spine, eyes, and bones.

## *What Happens When a Baby is Shaken?*

Shaking can lead to serious injuries such as: cerebral palsy, blindness, damage to the spinal cord (paralysis), delayed development, seizures, fractures, learning disabilities and/or mental retardation. An infant, toddler or child who is shaken may die as a result of his or her injuries.

## *Why Does It Happen?*

Shaken Baby Syndrome usually occurs when an adult loses control and shakes a baby. "Losing it" could happen to anyone, especially when the baby has been crying a lot. Shaken Baby Syndrome is entirely preventable!

## **How To Prevent Shaken Baby Syndrome**

Share this brochure with all people who help you care for your baby, including any family member, any babysitter, or any childcare center. Remind everyone to ***never, never, never shake a baby!***

Identify a trusted friend, relative, or neighbor who can lend a hand when times get tough. Talk to this person, and let him or her know you may call for help.

***Asking for help is a GOOD thing!***

## ***Parent Helpline: 1-800-342-7472***

*From anywhere in New York State, 24 hours a day,  
7 days a week, English & Spanish*





## BACK TO SLEEP FOR BABIES IN FOSTER CARE EVERY TIME, WITH EVERY CAREGIVER

About 1 in 5 sudden infant death syndrome (SIDS) deaths occur while an infant is in the care of someone other than a parent or usual caregiver.

SIDS is defined as the sudden death of an infant under 1 year of age, which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history.

Unaccustomed tummy sleeping is when a baby who is used to sleeping on her back with 1 caregiver is then placed to sleep on her tummy by another caregiver. Unaccustomed tummy sleeping greatly increases the risk of SIDS.

Babies who are used to sleeping on their backs  
and then placed to sleep on their tummies are  
**18 times more likely to die**  
from SIDS than compared to babies who are placed  
to sleep on their backs every time, with every caregiver.

**REMEMBER:** Place babies to sleep on their backs *every time, with every caregiver*.

This means:

- Every night
- Every nap
- With babysitters, nannies, child care providers, relatives, birth parents, foster parents, and anyone else who may care for the baby

Sign the pledge to place the baby in your care on her back!

The pledge on the second page is to be reviewed and signed by **anyone** who is providing care for a baby, including child care providers.

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For more information on...

The American Academy of Pediatrics policy statement on safe sleep:  
<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;116/5/1245>

Safe sleep in child care:  
[www.healthychildcare.org/sids.html](http://www.healthychildcare.org/sids.html)

Health of children in foster care:  
[www.aap.org/fostercare](http://www.aap.org/fostercare)





I \_\_\_\_\_ pledge to place \_\_\_\_\_,  
name of parent (foster, birth, or adoptive) or kin name of child

the baby in my care, to sleep on her back every night, and for every nap. (Please note: When the baby can easily turn over from back to tummy and tummy to back, still place the baby to sleep on her back, but allow her to adopt whatever position she prefers for sleep.)

**In addition, I pledge to do the following to reduce the risk of SIDS:**

(Initial)

\_\_\_\_\_ I understand that side sleeping is not as safe as the back and is not recommended. Babies sleeping on their sides are more likely to accidentally roll onto their tummies.

\_\_\_\_\_ I will place the baby in a safety-approved crib with a firm mattress and a well-fitting sheet. If I decide to use a cradle or bassinet, I will only choose those that are JPMA (Juvenile Products Manufacturers Association) certified for safety.

\_\_\_\_\_ I will not place toys or other soft bedding (including fluffy blankets, comforters, pillows, stuffed animals, and wedges) into the crib with the baby.

\_\_\_\_\_ I will avoid letting the baby get too hot and will dress her lightly for sleep. I will set the room temperature for a lightly clothed adult.

\_\_\_\_\_ I will not cover the baby's head with a blanket or overbundle her with clothing and blankets.

\_\_\_\_\_ I will consider using sleep clothing, such as sleepers, sleep sacks, and wearable blankets, as alternatives to blankets.

\_\_\_\_\_ I will not use wedges or infant positioners, since there is no evidence that they reduce the risk of SIDS.

\_\_\_\_\_ I will place the crib in an area that is always smoke free. I will not smoke around the baby.

\_\_\_\_\_ I will not place the baby to sleep on an adult bed, chair, sofa, waterbed, or cushion.

\_\_\_\_\_ I understand that bed sharing with the baby can be hazardous. If the baby is brought into bed for feeding or comforting, I will return the baby to her crib or bassinet when I am ready to return to sleep.

\_\_\_\_\_ I will not let the baby share a bed with other children.

\_\_\_\_\_ I understand that supervised "tummy time" for awake babies can help them strengthen their muscles and help them to develop normally.

\_\_\_\_\_ I will share this important information with others (eg, foster AND birth parents) who may care for the baby. I will ask that the baby be placed to sleep on her back every night, and for every nap.

