

STORK ONLINE COURSE

for families

SAFE SLEEP 101 FOR INFANTS UNDER ONE

DISCLAIMER

I am not a medical professional. I help families from a behavioral perspective.

This resource is for educational and informational purposes only. It is meant to promote the general understanding of child sleep for parents and anyone who works with younger children.

The information contained within this video and the resources available are not intended as, and shall not be understood or construed as medical advice or substitute of medical advice.

For medical issues or concerns, consult your pediatrician or other healthcare provider.

If your child snores or mouth breaths, reach out to your pediatrician, an ENT, or sleep specialist to check for any underlying medical issues that could potentially be hindering your child's sleep.

DISCLAIMER

Anything that has quotations but does not have a reference at the bottom of the slide came from the AAP's Policy Statement titled "SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment"

You can find the link to this in the notes area and on one of the resources slides.

Images that do not have a reference came directly from Canva where I created these slides or were created or taken by yours truly, me."

This presentation was made on October 22, 2021. I encourage you to double check that the AAP has not made updates to their recommendations as they are constantly gathering data from unfortunate situations to provide the best evidence-based suggestions for families when it comes to infant sleep.

WHAT WE WILL COVER

- SUID vs. SIDS
- AAP's Safe Sleep Guidelines with an emphasis on the ones that cause confusion or that professionals often seem to not know or decide to ignore when giving sleep advice
- Triple Risk Model for SIDS to provide a better understanding for the importance of following safe sleep guidelines
- Safe (and unsafe) sleep product use
- What to consider when it comes to childcare and safe sleep

RESOURCES USED THROUGHOUT THIS PRESENTATION

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Task Force on Sudden Infant Death Syndrome. (2016, November). SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. American Academy of Pediatrics. Retrieved October 20, 2021, from <https://pediatrics.aappublications.org/content/138/5/e20162938>.

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