

## NC SIDS Law

In 2003 the State of NC passed the NC SIDS (Sudden Infant Death Syndrome) Law. The NC SIDS Law applies to all child care providers caring for children 12 months of age or younger. It states that operators shall develop and maintain a Safe Sleep Policy that specifies the back sleep position.

- Babies 12 month of age or younger shall be place on their back to sleep.
- Exception include a written waiver from the child's primary care physician for baby 6 months of age or younger.
- A written waiver from child's primary care physician, parent or legal guardian for babies over 6 months of age.
- Operators of a child care facility shall discuss the safe sleep policy with the child's parent or guardian before the child is enrolled. The child's parent or guardian shall sign a statement attesting that the parent or guardian has receive a copy of the programs safe sleep policy.



## Resources (*Spanish & English*) Infant Safe Sleep & SIDS Risk Reduction

NC Division of Child Development  
<http://ncchildcare.net>  
800-859-0829 In-state only or 919-662-4499

NC Healthy Start Foundation  
[www.NCHealthyStart.org](http://www.NCHealthyStart.org)

NC Family Health Resource Line  
NC Child Health & Safety Resource Center  
1-800-FOR-BABY

### Region 11, Infant Toddler Specialist

Jennifer Anderson  
Guilford Child Development  
Regional Child Care Resources and Referral  
1200 Arlington Street  
Greensboro, NC 27406  
336-369-5026  
[jennifer.anderson@guilfordchilddev.org](mailto:jennifer.anderson@guilfordchilddev.org)



# Sudden Infant Death Syndrome SIDS



## Stomach to Play

## Back to Sleep



## What is SIDS?

- SIDS stands for "sudden infant death syndrome" and it's the leading cause of death in the U.S. for babies between 1 month and 1 year old. It's the diagnosis used when a child under a year old dies suddenly and an exact cause can't be pinpointed after a complete medical and legal investigation, including an autopsy. That it can happen without warning makes it a shocking and sad experience for families
- Approximately 2,500 infants die of SIDS in the U.S. each year. SIDS most commonly strikes between the ages of 2 and 4 months, with 90 percent of cases in infants under 6 months.

## How can I reduce the risk of SIDS?

There's no guaranteed way to prevent SIDS, but you can do a number of things to greatly decrease your baby's risk:

- **Babies should always be initially place on their back to sleep**, but when they are able to turn over are allow to adopt whatever position they prefer.
- **Choose bedding carefully.** Choose a firm, flat mattress with no pillow and nothing but a fitted sheet under him. Don't put stuffed toys or other soft materials in his crib, either. If you can't resist covering him, use a thin (receiving) blanket, and tuck it around the mattress, only as far up as his chest.
- **Avoid overheating.** Don't overbundle the baby, and don't cover his head with a blanket. The room should be comfortable, 68—75 degrees Fahrenheit.
- **Eliminate Tobacco Uses.** Keep the air around your baby — at home, in the car, and in other environments — smoke-free
- **When Baby is Awake put them on their tummy to play.** This helps develop neck, arm and shoulder muscles.
- **Uses a Pacifier .** Studies have shown that babies who use pacifiers at bedtime and naptime have a lower risk of SIDS.

## Which babies are most at risk?

Although no one knows for sure what causes SIDS, some risk factors have been identified. They include:

<u>Group or Behavior</u>	<u>Higher Risk</u>
Parent or Caregiver who smokes	3 X
Baby born premature or low birth weight	3-4 X
Mother who drink alcohol during pregnancy	6 X
Sleeping baby over dressed & over heated	6 X
Soft Sleeping Surface	5 X
Baby Stomach Sleeper	5-7 X
Baby stomach sleeper on a soft surface	21 X
Baby back sleeper switched to stomach	7-8 X

## The Importance of Tummy Time

Babies are spending more time on their backs than ever before, due to the passing of the NC SIDS law which requires that child care providers put healthy babies on their backs to sleep. Helping babies play on their tummies on a regular basis will encourage well-rounded development. Babies who spent time playing on their tummies develops strong neck, arm and shoulder muscles enabling them to rollover, and sit up, earlier than babies who don't. By spending time on their tummies babies learn to move side to side which helps them reach and crawl, and eventually develop balance and coordination, the key to all motor skills. Confidence and independence are encouraged during "tummy time" as babies are motivated to explore the world around them.

Below are some tips for promoting tummy time

- A natural way to introduce tummy time is to place the baby on your chest as you are sitting in a reclining position. This will not only assist with strengthening neck muscles, but is a great way to socialize with the baby. Once the baby tolerates this, move to the floor.
- Avoid placing babies on bulky blankets that may bunch up. Babies should be placed on a firm, flat surface.
- Begin tummy time for a few minutes, several times a day until the baby can tolerate longer period of time.
- In the beginning place a roll up towel, receiving blanket or Boppy® under the baby's chest to raise him up a bit.
- Get Down on the floor and play with the baby face-to-face.
- Place toys in front and within easy reach of the baby.

Remember always put healthy babies on their "backs to sleep" and provide supervised "tummy time" daily.

