



Jackson County Department of Public Health

Anna Lippard
Interim Health Director
828-587-8225

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SAFE KIDS JACKSON COUNTY PROMOTES SAFE INFANT SLEEP

Safe Kids Jackson County is helping to raise awareness for Safe Infant Sleep during the month of October. Sudden Unexpected Infant Death (SUID) is a term used to describe the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation. These deaths most often happen during sleep or in the baby's sleep area. About 3,400 babies in the US die suddenly and unexpectedly each year. The three commonly reported types of SUID include: sudden infant death syndrome (SIDS), unknown cause, and accidental suffocation and strangulation in bed. According to the CDC, in 2020 there were about 1,389 deaths due to SIDS, about 1,062 deaths due to unknown causes, and about 905 deaths due to accidental suffocation and strangulation in bed.

Safe Kids Jackson County wants to share tips with the community on ways to create a safer sleeping environment for your baby to prevent injury.

Ways to reduce the risk of SUIDS and promote safe sleep include:

- Babies are safest on their backs. Place your baby on his or her back for every sleep time—naps and at night.
- Use a firm, flat sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet with no other bedding or soft items in the sleep area.
- Breastfeed your baby to reduce the risk of SIDS.
- Share your room with your baby, not your bed. Keep baby in your room close to your bed, but on a separate surface designed for infants, ideally for baby's first year, but at least for the first 6 months.
- Do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby, or anywhere in baby's sleep area.
- Do not let your baby get too hot during sleep. Babies need to sleep in a cooler environment—75 degrees or less.
- Do not smoke during pregnancy and do not smoke or allow smoking around your baby or in your baby's environment.
- Follow the manufacturer's instructions to assemble your crib. Make sure to complete and submit the product registration card to learn about any recalls or safety updates.
- Consider giving your baby a pacifier for naps and nighttime sleep to reduce the risk of SIDS.
- Give your baby plenty of tummy time when he or she is awake and someone is watching.



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- Avoid products that go against safe sleep recommendations, especially those that claim to prevent or reduce the risk of SIDS.
- Do not use heart or breathing monitors to reduce the risk of SIDS.
- Follow guidance from your healthcare provider on your baby's vaccines and regular health checkups.

For more information on safe sleep visit <https://www.cdc.gov/sids/Parents-Caregivers.htm> The Jackson County Department of Public Health participates in the NC SIDS Grief Counseling Program and has a trained SIDS grief counselor on staff. The SIDS grief counselor supports families when an infant death occurs in Jackson County. For more questions on the program or safe sleep practices please call 828-586-8994.

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