

Partners for Child Fatality Prevention

American Academy of Pediatrics-Orange County (AAP-OC)

&

Clinic in the Park, a fiscally sponsored program of AAP-OC

Safe Sleep Resource Tool: SUIDS Risk Reduction Strategies



American Academy of Pediatrics
Orange County Chapter

INCORPORATED IN CALIFORNIA

SUIDS Risk Reduction Strategies

Partners for Child Fatality Prevention (PCFP) founded in 2021 is a partnership that includes AAP-OC; Clinic in the Park (a fiscally sponsored program of AAP-OC); The Raise Foundation and its OC-Child Abuse Prevention Council; UC Irvine School of Medicine (Center for Trauma and Injury Prevention Research, Trauma, Pediatrics) and the UCI Sue and Bill Gross School of Nursing; the Illumination Foundation; public, community and faith-based nonprofit organizations and coalitions; and our next-gen pediatric care providers.

Our Safe Sleep Resource Tool is designed to provide our pediatric care providers with a selection of materials to learn more about SIDS and harm prevention strategies. We thank the American Academy of Pediatrics (AAP), Safe Sleep Initiative and National Center for Fatality and Prevention for contributing to the funding of this program.

We thank our core program team: Phyllis Agran, MD, MPH; Van Nguyen Greco, MD; Sandra Murray, MD; Michele Cheung, MD, MPH; Rona Tagayun, RN, Thomas Keens, MD, Penny Stastny, PHN, Eldon Baber, Emma Course and Lori Vandermeir.

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Definition

The term sudden unexpected infant death, “SUID,” includes three diagnosis codes (ICD-10):

- R95: Sudden infant death syndrome (SIDS)
- R99: Unknown cause of mortality
- W75: Accidental suffocation/strangulation in bed (ASSB)

Term	Definition
ASSB (Accidental Strangulation or Suffocation in Bed)	An explained sudden and unexpected infant death in a sleep environment (bed, crib, couch, chair, etc.) in which the infant’s nose and mouth are obstructed, or the neck or chest is compressed from soft or loose bedding, an overlay, or wedging causing asphyxia. Corresponds to ICD-10 W75.
Bed sharing	Parent(s) and infant sleeping together on any surface (bed, couch, chair). Medical examiners prefer the term “surface sharing.”
Caregivers	Throughout the document, “parents” are used, but this term is meant to indicate any infant caregivers.
Co-sleeping	This term is commonly used in other publications, is not recommended because it lacks clarity, being variably used for sleeping in close proximity (e.g., room sharing) and/or sleep surface or bed sharing.
Room sharing	Parent(s) and infant sleeping in the same room on separate surfaces.
SIDS (sudden infant death syndrome)	Cause assigned to infant deaths that cannot be explained after a thorough case investigation, including a death scene investigation, autopsy, and review of the clinical history.
Sleep-related infant death	A sudden unexpected infant death that occurs during an observed or unobserved sleep period, or in a sleep environment.

Term	Definition
SUID (Sudden unexpected infant death)	A sudden and unexpected death, whether explained or unexplained (including SIDS), occurring during infancy. Defined by the National Center for Health Statistics to mean deaths with an underlying cause code of ICD-10 R95, R99, or W75.
Surface sharing	Parent(s) and infant sleeping together on any surface. Medical examiners prefer “surface sharing” over “bed sharing.”
Unexplained sudden death in infancy or sudden infant death syndrome (SIDS)	The sudden unexpected death of an apparently healthy infant under 1 yr of age, in which investigation, autopsy, medical history review, and appropriate laboratory testing fails to identify a specific cause, including cases that meet the definition of sudden infant death syndrome. The panel of experts representing the National Association of Medical Examiners recommends the use of unexplained sudden death in infancy and not sudden infant death syndrome.
Wedging or entrapment	A form of suffocation or mechanical asphyxia in which the nose and mouth or thorax is compressed or obstructed because of the infant being trapped or confined between inanimate objects, preventing respiration. A common wedging scenario is an infant stuck between a mattress and a wall (or a bedframe) in an adult bed.

Source: [American Academy of Pediatrics, Safe Sleep](#)

Data

[Supporting SIDS Families: The Public Health Nurse SIDS Home Visit](#)

[Sudden Unexpected Infant Death \(SUID\) Data](#)

Legislation (Penal Code) Assembly Bill No. 757

<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:7abceb49-bf9d-467e-b633-20>

AAP Policy Statement

Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment (click [here](#))

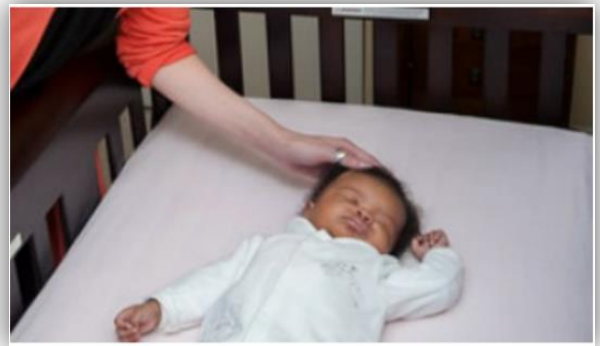
AAP Technical Report

Evidence Base for 2022 Updated Recommendations for a Safe Infant Sleeping Environment to Reduce the Risk of Sleep-Related Infant Deaths (click [here](#))

AAP Recommendations for Safe Sleep

Safe Sleep Campaign Toolkit (click [here](#))

This toolkit includes educational videos and articles, social media graphics, infographics, and recommendations on safe sleep. These resources are updated frequently. Pediatricians and Community Partners are encouraged to check our tool kits.



Education Materials

Healthy Children Safe Sleep Resources



- *Safe Sleep Tips for Sleep-Deprived Parents* (click [here](#))
- *Safe Sleep: Charlie's Story* (click [here](#))
- *Defining Terms for Unexpected, Unexplained Infant Deaths* (click [here](#))



Orange County Health Care Agency/First 5/AAP

Keep Me Safe While I Sleep Brochure:

- English: https://ochealthinfo.com/sites/healthcare/files/2024-09/KeepMeSafeWhileISleep_English.pdf
- Spanish: https://ochealthinfo.com/sites/healthcare/files/2024-09/KeepMeSafeWhileISleep_Spanish.pdf
- Vietnamese: https://ochealthinfo.com/sites/healthcare/files/2024-09/KeepMeSafeWhileISleep_Vietnamese.pdf

Consumer Product Safety Commission

Check Your Child Care Center: Inside & Out [Click here](#) to download and print

Check Your Child Care Center: *Inside & Out*



PLAYGROUNDS: Look for safe surfaces, a lack of sharp edges, and entrapment gaps—this protects against head injuries from falls.



WINDOW COVERINGS: #GoCordless with all window blinds, shades, draperies and other window coverings to prevent child strangulation – the safest option.



CRIBS: Put babies to sleep on their backs in cribs with firm, flat mattresses; no soft bedding; no missing and broken parts.



RECALLED PRODUCTS: Check the highchairs, strollers, infant swings and other children's products to see if they have been recalled.



United States
Consumer Product Safety Commission

Sign up for recall notifications:
cpsc.gov/Newsroom/Subscribe



For more information
visit CPSC's Safe Infant
Sleep Education Center
cpsc.gov/SafeSleep



CPSC.gov
USCPSC



NSN-12-062024 ChildCareCenters_v4.pdf (1.11 MB)

The Raise Foundation (Safe Sleep): [Click here](#)

Safe Sleep

[Home](#) / [Patient Care](#) / Safe Sleep



We've assembled a collection of tools and resources to help pediatricians and healthcare professionals provide education and guidance to parents and caregivers on infant safe sleep.

National Institutes of Health (Safe to Sleep): [Click here](#)

SIDS

by Baby's Age

Sudden Infant Death Syndrome (SIDS) is the leading cause of death among infants between 1 month and 1 year of age.

Age by Month

1 2 3 4 5 6 7 8 9 10 11 12

Even though SIDS can occur any time during a baby's first year, **most SIDS deaths** occur in babies between **1 and 4 months** of age.

SIDS is less common after 8 months of age, but parents and caregivers should continue to follow safe sleep practices to reduce the risk of SIDS and other sleep-related causes of infant death until baby's first birthday.



72%
of SIDS deaths occur in
Months 1-4

To reduce the risk of SIDS and other sleep-related causes of infant death:

- ▶ Always place baby on his or her back to sleep, for naps and at night.
- ▶ Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.
- ▶ Use a firm and 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.



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>

*For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.



NIH



Eunice Kennedy Shriver National Institute of Child Health and Human Development



CA Department of Public Health SUID Program

- Access here:

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/SIDS/Pages/default.aspx>



California Sudden Infant Death Syndrome Advisory Council

The Mission of the California SIDS Advisory Council is to advise the California Department of Public Health and energize Californians to:

- Alleviate the impact of SIDS, SUID, and other sleep related infant deaths on families by enhanced grief support from public health professionals and SIDS parent peer support.
- Reduce the number of SIDS, SUID, and other sleep related infant deaths by promoting safe infant sleep education by public health agencies and health care professionals.
- Reduce the racial-ethnic disparity in SIDS, SUID, and other sleep related infant death rates by developing innovative education strategies to address communities with increased infant death rates.
- Enhance public education about SIDS, SUID, and other sleep related infant deaths .
- Support research to identify the cause of and decrease SIDS, SUID, and other sleep related infant deaths.

"SIDS" includes all babies who die suddenly and unexpectedly without an identified cause, including SIDS, SUID, SUDI, Undetermined, ASSB, etc. diagnoses.

Professional Organizations & Support Services

- Your Pediatrician
- Orange County Health Care Agency: <https://ochealthinfo.com/services-programs/pregnancy-and-parenting/child-safety/safe-sleep>
- AAP-OC SUID web page: <https://www.aap-oc.org/safe-sleep/>
- Clinic in the Park, a fiscally sponsored project of AAP-OC: <https://www.clinicinthepark.org/resources/safe-sleep/>

Equipment: Safe Cribs

Cribs for Kids: <https://cribsforkids.org/>

MediCal CALAims:

<https://www.caloptima.org/en/About/CurrentInitiatives/CalAIM/ReferralForms>

OCSSA: <https://www.santa-ana.org/orange-county-social-services-agency/>

Comfort Connections: <https://www.factoc.org/>

MOMS OC: <https://www.momsorangecounty.org/donate-baby-items/>

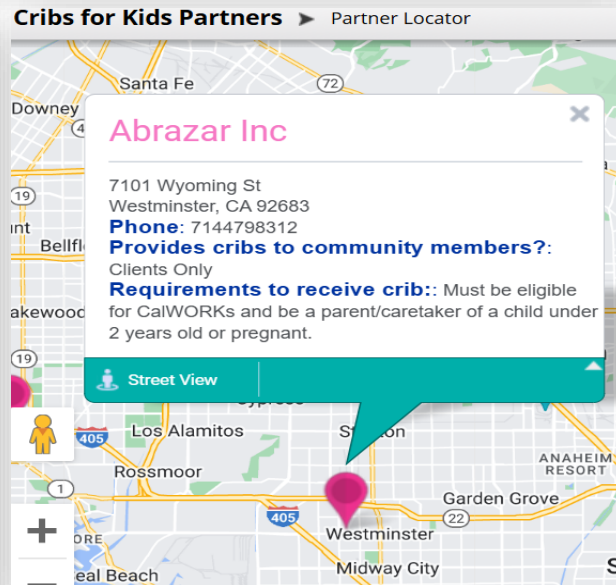
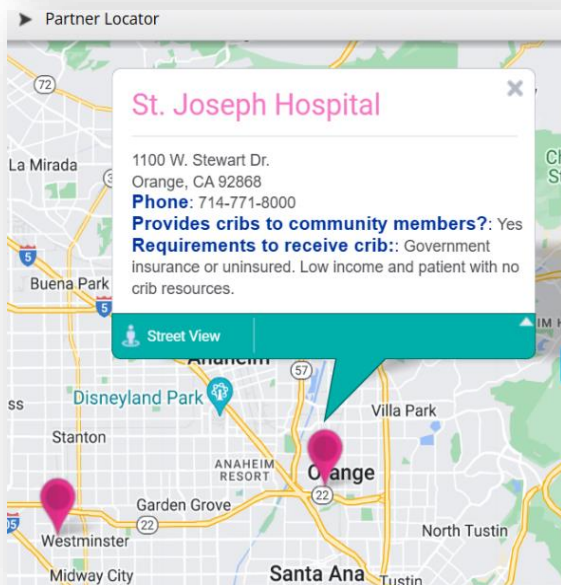
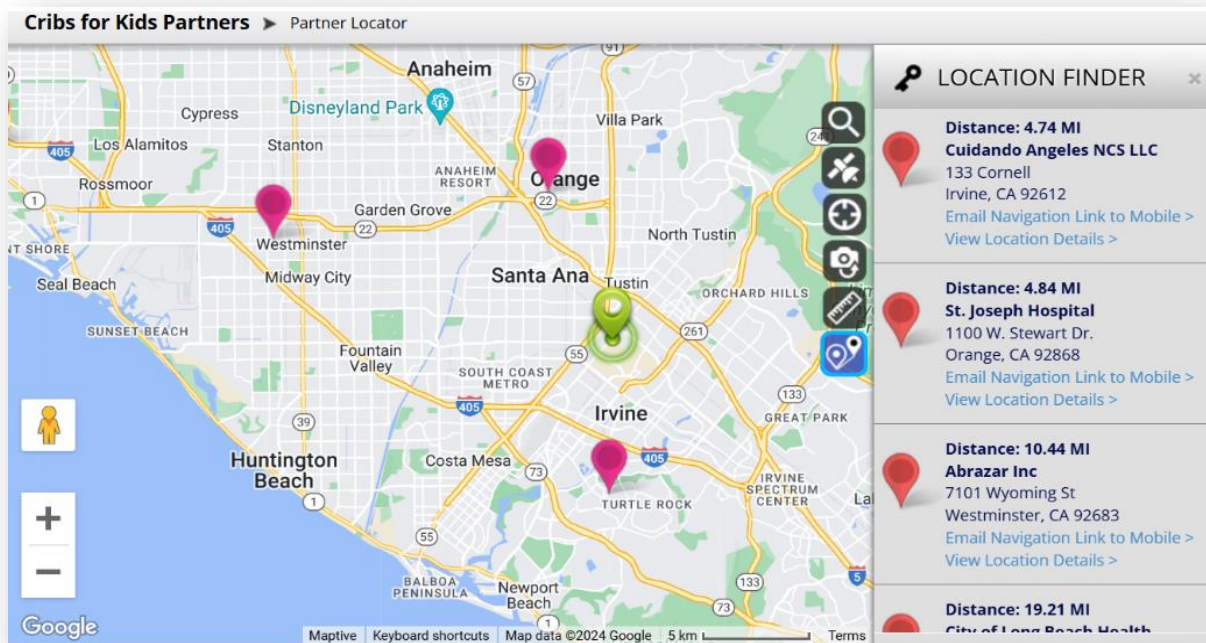
Support Services

- PHN Home Visit: [161.SIDS.PHNHomeVisit.Stastny.2016.pdf](#)
- OCHCA SIDS PHN: [OCHCA SIDS PHN Support Services](#)
- Clergy's Response: [ClergysResponse.pdf](#)
- National Institute of Mental Health: Talking to Children about Death [Talking to Children.pdf](#)
- SIDS parent peer support. A list for California is available through CDPH: [SIDS Parent Support Group](#)
- First Candle is the national SIDS organization, which also provides parent support as a resource: <https://firstcandle.org>

Where to Get a Crib or Cribette: <https://cribsforkids.org/>



Local Orange County Resources (Cribs for Kids, OC Locations):



Trouble Obtaining a Safe Sleep Space?

If your infant does not meet requirements or if there are no available partners in your area, we recommend you connect with a local program and resources. These may include: [Healthy Start](#) , [Healthy Mothers Healthy Babies](#), County or State Health Department, Clinic/doctor where you receive prenatal or pediatric care, or the hospital where you delivered your baby or plan to deliver.

Recalled Products

To view product recalls related to infant sleep from the Consumer Product Safety Commission, [click here](#).

Suffocation as hazard:

https://www.cpsc.gov/Recalls?tabset=on&field_rc_hazards_target_id=816&field_rc_recall_by_product_target_id=All

At least 8 deaths linked to Rocking Sleepers (4 additional deaths after recall)

<https://www.cpsc.gov/Recalls/2023/Fisher-Price-Reannounces-Recall-of-4-7-Million-Rock-n-Play-Sleepers-At-Least-Eight-Deaths-Occurred-After-Recall>

<https://www.cpsc.gov/Recalls/2023/Kids2-Reannounces-Recall-of-694-000-Rocking-Sleepers-Four-Additional-Deaths-After-Recall>

<https://kidsindanger.org/wp-content/uploads/2024/10/snuga-swing-recall-release.pdf>



Rock n Play Sleeper



Fisher-Price Snuga Swings

Publications & References

SIDS Webinar Recording by Dr. Thomas Keens: <https://vimeo.com/1018784857>

SUID/SIDS Data from OCHCA Presentation:

11/19/2024: <https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:3fb437ab-4156-4ca2-8b81-6b989d47fd67>

Could You Please Just Listen, Debbie Gemmill

REFERENCE: Gemmill, D.R. *Could you please just listen? Getting Through Grief: From a Parent's Point of View.* Beachcomber Press, Escondido, California, 1996. pp 129-131.

Supporting SIDS Families The Public Health Nurse SIDS Home Visit

Stastny, P.F., T.G. Keens, and A. Alkon. Supporting SIDS families: the public health nurse SIDS home visit. *Public Health Nursing*, 33: 242-248, 2016. PMID: 26822270

Our Call to Action: Develop targeted interventions to move the needle on rates of SIDS
Sunah S. Hwang: *The Call to Translate Data Into Action to Prevent Infant Death.* Pediatrics May 2021; 147 (5): e2020042135. 10.1542/peds.2020-042135 [Click here to read the article.](#)

