

Marion County Public Health Department Child Health Program serving; Appanoose, Clarke, Decatur, Jasper, Lucas, Marion, Monroe, Poweshiek, Ringgold and Wayne County.

641-828-2238



Healthychildren.org

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.

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# Quality Care For Kids

A newsletter for Child Care Providers

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## Safe Sleep

October marks the start of Pregnancy and Infant Loss Awareness month. With that, brings awareness surrounding safe sleep. SIDS is the sudden and unexplained death of an infant less than 1 year of age. SIDS is the leading cause of death for infants between one month and one year of age, according to the American Academy of Pediatrics.

While we cannot completely eliminate SIDS deaths, there is research showing effective methods of reducing the risk. These methods include:

- ◆ All infants should be placed on their back to sleep. This includes for all naps and bedtime.
- ◆ Use a firm sleep surface. Car seats and other baby containers are not recommended for sleep practices.
- ◆ Keep soft objects or loose bedding out of sleeping surface. This includes pillows, blankets, and stuffed animals.
- ◆ No blanket to sleep. Use alternative sleeping clothing including

sleep sacks that do not swaddle.

- ◆ Do not use sleep positioners or wedges.
- ◆ Offer a pacifier at nap time and bed time—if parent/s allow.
- ◆ One infant per crib.

As child care providers, a safe sleep policy should be in place and reviewed with parents upon enrollment and/or as updated. The policy should include the recommendations as seen above, as well as the requirement of a physician order with a medically necessary reasoning for an alternate sleep position.

An example of a safe sleep policy can be found on the Healthy Child Care Iowa website at:

<https://www.idph.iowa.gov/hcci/products>

Safe Sleep training by your child care nurse con-

## Count the Kicks

What is Count the Kicks you may be asking yourself? Count the Kicks is a stillbirth prevention public health campaign to raise awareness to expectant parents to monitor their unborn baby's movement within the womb during the 3rd trimester of pregnancy. Monitoring this movement and "counting the kicks" can help to alert parents to report a problem to their OB physician sooner.

So why is this important? A change in movement or kicks is the earliest sign of a problem with a pregnancy. Keeping track and monitoring these movements can help to alert a pregnant mom that something is not right and should seek medical attention as soon as possible. It can also provide a bond between mother and unborn baby.

What can child care providers do to help this campaign? As child care providers, provide information regarding the Count the Kicks Campaign in enrollment packets for expectant mothers.

More information regarding Count the Kicks can be found at:

