FOUNDATIONS OF FATHERHOOD

## 'SUID/SIDS & Safe Sleep Practices

\*Sudden Unexpected Infant Death/Sudden Infant Death Syndrome

Sudden Unexpected Infant Death (SUID) is one of the leading causes of death in infants. It is a broad category describing all **sudden**, **unexpected** infant deaths from **known and unknown causes**. Sudden Infant Death Syndrome (SIDS) is a subcategory under the term SUID that includes the sudden death of a baby at 12 months or younger **without a known cause** and often occurs while an infant is **sleeping**. While these terms are related, they are NOT interchangeable. Understanding and preventing SUID/SIDS is vital for safeguarding infant health and reducing infant mortality rates. A **father's active participation** in ensuring safe sleep practices, timely health check-ups, and maintaining a smoke-free environment can greatly reduce the risk of SUID. **Shared responsibilities in infant care** allow for better supervision during sleep, potentially reducing the risk of SUID/SIDS incidents. Beyond these practical measures, the **emotional support and involvement** of **both** parents in creating a nurturing and secure environment for the child play a pivotal role in SUID prevention. Creating a harmonious and watchful environment reduces the risk of sudden and tragic events, thereby ensuring a healthier and safer start for little ones.

## SUID/SIDS IS CLOSELY LINKED TO SAFE SLEEP

When dads **actively participate** in caregiving, they contribute to creating a **safe sleep environment** for the baby.

WHAT DOES THIS LOOK LIKE?



**Following & enforcing safe sleep practices,** like placing a baby on its back
to sleep or keeping loose objects and soft
bedding out of the sleep area



Utilizing **cribs and beds** rather than sitting devices as a baby's routine sleep area









**Co-Sleeping With Your Baby:** An infographic that shares 5 key tips for the safest way to co-sleep with baby. <u>tinyurl.com/CSWYB-INFO</u>





**Think Bare is Best:** A one minute video that provides basic tips for new parents to reduce the risk of suffocation and SIDS.

tinvurl.com/BARE-IB





## 3 Key Ways Dads Can Help Baby Sleep Safe:

This infographic for new dads shares how they can keep their babies safe, while sleeping, in three simple steps.

Available in English and Spanish.

English: tinyurl.com/3KW-DADS-ENG Spanish: tinyurl.com/3KW-DADS-ESP





**English** 

Spanish













**ABC's of Safe Sleep:** This webpage promotes the safest sleep practices with three simple letters – A-B-C! Drop in on convos with dads in a 6-minute video at the top of the page. tinyurl.com/ABCs-SS





**Lullabytrust.org - DADS ZONE:** This easy to scroll site provides images and a video offering sleep advice and tips for when your baby arrives. It also features a short list of safe sleep products that can be used as well as items that present safety concerns. tinyurl.com/DADZONE



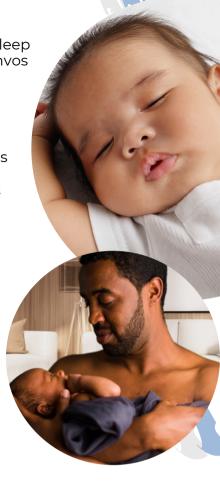


**B'more for Healthy Babies:** This website includes answers to frequently asked questions and a video for dads to learn more about how to keep their babies safe during sleep. tinyurl.com/BfHB-SS





**Charlies Kids: Safe Sleep Basics**: This website gives parents, caregivers, and partners to ensure safe sleep practices. The site provides do's and don'ts, how-to's, and short videos covering safe sleep basics. <a href="mailto:tinyurl.com/CK-SSBweb">tinyurl.com/CK-SSBweb</a>



## **Grief & Infant Loss Resources**



**First Candle** is a nonprofit organization committed to helping babies reach their first birthday. **Select from the "Bereavement" menu** on the website for grief and support resources. <u>tinyurl.com/FCB-SIDS</u>



Cribs for Kids®: Healing Hearts provides resources related to grief and bereavement for the loss of an infant. This non-profit organization provides free or reduced-cost safe sleep spaces and safe sleep education to families. tinvurl.com/C4K-HHweb



**CDC's SIDS: Parents and Caregivers Page** links to several organizations that offer support to families who have experienced the death of an infant. <a href="mailto:tinyurl.com/SIDS-CDC">tinyurl.com/SIDS-CDC</a>



March of Dimes: Loss & Grief offers suggested ways to cope with tragic loss related to miscarriage and stillbirth. tinyurl.com/Grief-MoD



Children's Bereavement Center provides resources, events, free peer-support groups, & external links for children, young adults, adults, and families dealing with the death of a loved one. tinyurl.com/CBC-Home



Postpartum Support International: Loss & Grief in Pregnancy & Postpartum provides resources and discussion support material for parents coping with grief. tinyurl.com/PPSI-Loss