

Safe Sleep and Smoke-free Homes Facts and Tips

The Facts

- Every year 10-14 healthy Manitoba infants die suddenly in sleep, with the majority having one or more significant modifiable risk factors (prone position, non-crib sleep locations, excessive or soft bedding, prenatal/postnatal smoking).
- Smoking in pregnancy has become the most significant single risk factor for SIDS, accounting for one-third of deaths.
- Post-natal parental smoking is associated with a 2.5-5.8 fold increase in SIDS.
- Maternal cigarette smoking increases the risk of intrauterine growth restriction, pre-term birth, spontaneous abortion, placental complications, stillbirth, SIDS and overall infant mortality.
- Maternal smoking in Winnipeg (18.35%) is well over the rates reported nationally. Rates are highest in Point Douglas (43.2%) and Downtown (30.9%).
- 8.7% of Canadian women 20-44 years smoked regularly during their most recent pregnancy (21.2% for women aged 20-24yrs).
- 6.4% of children aged 0-11 years of age are regularly exposed to smoke in the home.

For references see the Information for Public Health Nurses and FF Home Visitors posted on Insite under Safe Sleep.

Main Messages to Emphasize

Back to sleep	<ul style="list-style-type: none"> - the supine position is the safest sleep position, and has the lowest risk of sudden infant death - no sleep positioners/wedges should be used
In a crib	<ul style="list-style-type: none"> - a crib is the safest sleep location for the first year of life - the crib should meet current safety standards (check the label on the mattress support), assembled with all parts/hardware and with no modifications - infants should not be put to sleep on adult beds or mattresses, sofas, car seats, waterbeds, inflatable beds, on sheepskins etc.
No blankets or toys	<ul style="list-style-type: none"> - dress the infant in a sleeper and use no additional blankets under or on top of the child (only a fitted crib sheet) - if the home is cold: try a blanket/fleece sleeper; if this is not enough, use an infant-size fleece blanket, tucked in at the foot and sides of the crib, with the top of the blanket at the nipple level (arms out) so that the face is not covered - loose blankets and adult-size quilts and blankets are particularly hazardous - no pillows, stuffed animals etc. should be in the crib
Same room as parents	<ul style="list-style-type: none"> - keep the home smoke-free
Breastfeed	<ul style="list-style-type: none"> - breastfeeding reduces the risk of SIDS
Smoking in pregnancy significantly increases the risk of SIDS	<ul style="list-style-type: none"> - for prenatal families: Eliminating tobacco smoke exposure is one of the most important things you can do to reduce the risk of SIDS. Smoking is responsible for one in three SIDS deaths.
Exposure to smoking in early infancy increases the risk of SIDS	<ul style="list-style-type: none"> - the risk of SIDS increases when the mother smokes; this is even higher when the father also smokes. - SIDS risk increases with the number of smokers in the home, smokers in the same room as the baby, number of cigarettes smoked, and daily hours the baby is exposed to smoke.