

Reducing the Risk of SIDS Parents and Child Care Providers

Presented by



Adapted from a program developed by

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



Overview

- Received funding from March of Dimes, Tennessee Chapter
- Approximately \$16,000
- Focus on SIDS risk reduction messages
- Work in Rutherford County
- Target at risk parents and day care providers



Parent Education

- Work with Rutherford County Health Dept.
- Quarterly R.C. Baby “Showers”
- Work with an interpreter
- Use pre- and post-survey to gauge knowledge change
- Offer small incentives



Parent Education

- 2 “showers” – June and September
- 48 surveys returned
 - 29 Spanish (60%)
 - 19 English (40%)
- Of 48 surveys, 7 were removed due to missing responses



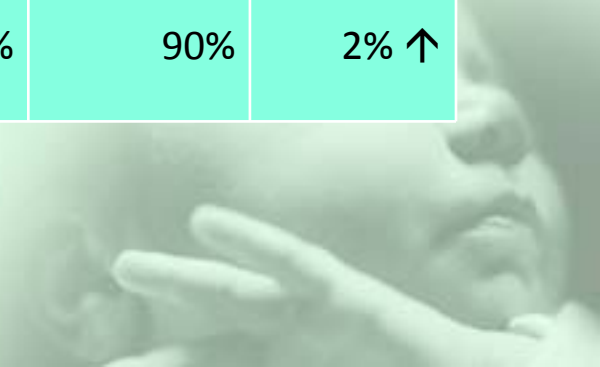
Parent Education

- 100% pre- and post-survey participation
- 25% overall increase in knowledge from pre- to post-survey
- Had expected 20% knowledge increase



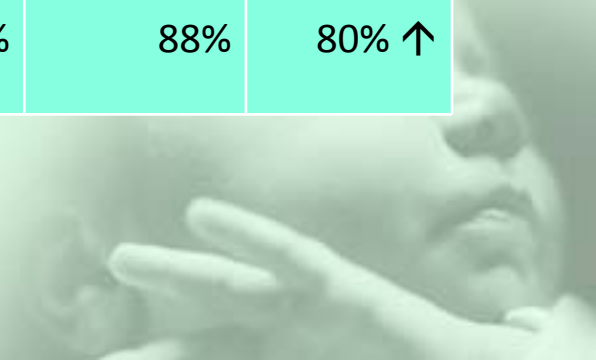
Parent Education – Results

Statement (Correct Answer)	% Correct Pre-test	% Correct Post-test	% Change
1. SIDS only happens to babies whose parents neglect or abuse them. (false)	76%	93%	22% ↑
2. SIDS is the leading cause of death for infants one month to one year of age. (true)	83%	98%	18% ↑
3. The term SIDS is used if a baby suffocates during sleep. (false)	34%	46%	35% ↑
4. To reduce the risk of SIDS, fluffy/loose bedding should be removed from baby's sleep environment. (true)	88%	90%	2% ↑



Parent Education – Results (cont.)

Statement (Correct Answer)	% Correct Pre-test	% Correct Post-test	% Change
5. Keep the room temperature where babies sleep extra warm. (false)	61%	71%	16% ↑
6. Doctors used to tell mothers to place babies on their stomachs to sleep. (true)	46%	78%	70% ↑
7. There is no increased risk of choking if a baby is placed on his back to sleep. (true)	61%	90%	48% ↑
8. Babies who usually sleep on their backs and are then put to sleep on their stomachs are at a greater risk for SIDS. (true)	49%	88%	80% ↑



Parent Education – Results (cont.)

Statement (Correct Answer)	% Correct Pre-test	% Correct Post-test	% Change
9. Premature or low birth weight babies are at a greater risk for SIDS. (true)	54%	54%	-
10. Side sleeping is the most effective way to reduce the risk of SIDS. (false)	41%	76%	85% ↑
11. Bed sharing, or having a baby sleep with others, helps prevent SIDS. (false)	80%	76%	5% ↓
12. If baby is placed on back to sleep, she will develop potentially dangerous flat spots on his head. (false)	71%	68%	4% ↓
13. Babies exposed to smoke are more likely to die from SIDS. (true)	73%	98%	34% ↑

Child Care Provider Education

- Target child care centers in Rutherford Co.
- Training approved for 2 contact hours by Dept. of Human Services
- No cost to attend
- Use pre- and post-survey to gauge knowledge change
- Offer small incentives to return surveys



Child Care Provider Education

- 2 trainings – September and October
- 52 of 54 pre- and post-surveys returned
- 96% response rate
- 4 surveys removed from analysis due to missing responses



Child Care Provider Education

- Total N = 48
- 20.1% overall increase in knowledge from pre- to post-survey, same as expected increase



Child Care Providers – Results

Statement (Correct Answer)	% Correct Pre-test	% Correct Post-test	% Change
1. SIDS only happens to babies whose parents neglect or abuse them. (false)	98%	96%	2% ↓
2. SIDS is the leading cause of death for infants one month to one year of age. (true)	90%	94%	5% ↑
3. The term SIDS is used if a baby suffocates during sleep. (false)	38%	58%	56% ↑
4. To reduce the risk of SIDS, fluffy/loose bedding should be removed from baby's sleep environment. (true)	98%	100%	2% ↑

Child Care – Results (cont.)

Statement (Correct Answer)	% Correct Pre-test	% Correct Post-test	% Change
5. Keep the room temperature where babies sleep extra warm. (false)	83%	96%	15%↑
6. Doctors used to tell mothers to place babies on their stomachs to sleep. (true)	77%	94%	22%↑
7. There is no increased risk of choking if a baby is placed on his back to sleep. (true)	63%	81%	30%↑
8. Babies who usually sleep on their backs and are then put to sleep on their stomachs are at a greater risk for SIDS. (true)	65%	98%	24%↑

Child Care – Results (cont.)

Statement (Correct Answer)	% Correct Pre-test	% Correct Post-test	% Change
9. Premature or low birth weight babies are at a greater risk for SIDS. (true)	77%	96%	24%↑
10. Side sleeping is the most effective way to reduce the risk of SIDS. (false)	71%	100%	41%↑
11. Bed sharing, or having a baby sleep with others, helps prevent SIDS. (false)	88%	94%	7%↑
12. If baby is placed on back to sleep, she will develop potentially dangerous flat spots on his head. (false)	75%	77%	3%↑
13. Babies exposed to smoke are more likely to die from SIDS. (true)	65%	100%	55%↑

Child Care Evaluation

Statement	% Agree/ Strongly Agree	Neutral or N/A	% Disagree/ Strongly Disagree
1. This training helped me understand what SIDS is and is not.	92%	4%	4%
2. This training helped me understand how I can help reduce the risk of SIDS.	92%	4%	4%
3. This training helped me to better explain safe sleep policies to other care giver staff .	92%	4%	4%
4. This training helped me to better explain safe sleep policies to parents of babies in my care .	90%	6%	4%



Child Care Evaluations (cont.)

In the future, how will you place infants to sleep?

- **92% Back**
- 2% Whatever infant's doctor requests
- 2% Stomach
- 4% No answer



Child Care Evaluations (cont.)

Do you believe that placing infants to sleep on their stomachs puts healthy infants at an increased risk for SIDS?

- **73% Definitely yes**
- 17% Possibly yes
- 4% Definitely no
- 8% Unsure



Child Care Evaluations (cont.)

What is the American Academy of Pediatrics' most recent recommendation on how to place healthy infants to sleep?

- **92% Back**
- 8% Side or back
- 2% Stomach



Next Steps - Parents

- Another baby shower scheduled for early December
- Develop method to survey parents about 5 key points after baby is born
- Encourage YOU to develop programs at your local health departments



Next Steps – Child Care

- Offer on Saturday morning
- Reduce class size if possible
- If funded for another year, develop program for
 - Individual centers
 - High schools with day care centers on site
 - High school students in early childhood education programs



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