



October 18, 2011

## IMMEDIATE RELEASE

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### AAP RELEASES NEW RECOMMENDATIONS TO REDUCE SIDS AND SLEEP RELATED INFANT DEATHS

New American Academy of Pediatrics guidelines on reducing the risk of SIDS and other sleep-related deaths were presented October 17, 2011 at the AAP national conference in Boston.

Despite the success of Back to Sleep, too many infant deaths still involve unsafe sleeping environments and locations. Sleep-related deaths from other causes, including suffocation, entrapment and asphyxia, have increased. "We have tried to make it easier for parents and providers to understand the recommendations by providing specific answers to common questions," said Rachel Moon, MD, FAAP, chair of the AAP SIDS task force in a released statement. "As a health care community, we need to do a better job translating what the research identifies as 'best practices' into the day-to-day practice of caring for infants in both the hospital and home environment."

Three important additions to the recommendations include:

- [Breastfeeding](#) is recommended and is associated with a reduced risk of SIDS.
- Infants should be [immunized](#). Evidence suggests that immunization reduces the risk of SIDS by 50 percent.
- Bumper pads should not be used in [cribs](#). There is no evidence that bumper pads prevent injuries, and there is a potential risk of suffocation, strangulation or entrapment.

Read the AAP media release here:

<http://www.healthychildren.org/English/News/pages/AAP-Expands-Guidelines-for-Infant-Sleep-Safety-and-SIDS-Risk-Reduction.aspx>

Read the full AAP report here: <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2285.full.pdf+html>

"The AAP recommendations are clear and understandable—they are as easy as ABC (Alone, on the Back, in a Crib)," said Christy Schunn, SIDS Network executive director. "I ask you to join us in the effort to keep our youngest, most vulnerable community members safe," said Schunn. The SIDS Network encourages EVERYONE to view the *ABCs of Safe Sleep for Babies* video at the following link: [sidsks.org](http://sidsks.org).

The SIDS Network of Kansas, Inc. provides bereavement services to those who have experienced the sudden death of an infant and community awareness to promote infant safe sleep.