



# *What Every Child Care Provider Should Know*

## EMERGENCY TELEPHONE NUMBERS

Emergency Dispatch: \_\_\_\_\_

Child Care Licensing Agency: \_\_\_\_\_

NW Infant Survival and SIDS Alliance

Seattle: (206) 548-9290

(800) 533-0376

Spokane: (509) 456-0505

## EMERGENCY PROCEDURES

When a baby is found unresponsive:

1. CALL THE PARAMEDICS **911**
2. CALL THE CHILD'S PARENTS
3. NOTIFY YOUR LICENSING AGENCY
4. CONTACT NISSA

Please write the emergency number for your area and the number of your licensing agency in the space provided above. Your licensing agency can offer support and counseling if an infant should die of SIDS while under your care. The staff is knowledgeable about SIDS and realizes that YOU ARE NOT AT FAULT. Therefore, child care providers should not worry about having their licenses revoked due to such a death.

The Northwest Infant Survival and SIDS Alliance can also be contacted for information and support. The foundation also provides educational programs on SIDS designed especially for child care center staffs and families of children in your care.

## SUDDEN INFANT DEATH SYNDROME

Sudden Infant Death Syndrome claims the lives of nearly 2,500 babies each year.

Due to the increased number of working mothers, a growing percentage of these deaths occur in child care facilities or in the homes of baby-sitters. SIDS is centuries-old, worldwide enigma, and remains one of the last great unsolved childhood catastrophes. Even though research is ongoing locally, nationally, and internationally, there is currently no detection, treatment or prevention for SIDS.

## WHAT YOU CAN DO TO REDUCE THE RISK OF SIDS

### Babies Sleep Safest:

- On their backs
- On a firm, flat surface
- By themselves in a crib
- Without soft objects or loose bedding
- In light clothing at 65-70 degrees F
- In a smoke-free environment
- When using a pacifier

## FACTS ABOUT SIDS

As a child care provider who cares for infants, YOU SHOULD BE FAMILIAR WITH THESE FACTS:

\*SIDS occurs in an apparently healthy baby during a period of sleep. The infant is found sometime later. The death occurred quickly without suffering.

\*Two to four months is when a baby is at the highest risk for SIDS.

\*SIDS can strike a family of any race, religion, ethnic, or economic group.

**SIDS IS NOT THE RESULT OF A CONTAGIOUS ILLNESS.** SIDS is not contagious. During the winter season, SIDS is more commonly seen, but there is no reason for unusual concern in cases where an infant is exposed to another who subsequently dies of SIDS. There is no reason to be concerned about contamination from the clothing, bedding, or furniture of a SIDS baby.

**CHOKING IS NOT THE CAUSE.** SIDS is not caused by vomiting and choking. Sometimes milk or even blood-tinged froth is found around the mouth or on the bedding. This has been shown to occur after death, and at autopsy the fluid is found not to have blocked the internal air passages.

**SUFFOCATION IS NOT THE CAUSE.** As a result of the death process, it is not uncommon for a victim to be found wedged into a corner of his/her crib or with the head covered by blankets. Sometimes the face may be turned down into the pillow or mattress; it may be discolored. Under such circumstances, it is natural to assume that the baby smothered. The baby can also be found without any articles of bedding, clothing, toys or pets around the face.

**SIDS IS NOT CAUSED BY CHILD ABUSE OR NEGLECT.** The general appearance of the child in his/her crib can be misleading. After death, gravity causes blood to pool in areas of the body which are lower. The result appears to be a large, bruised area, but this actually occurs after the death of the baby.

**SIDS CANNOT BE PREDICTED.** Because the public awareness and number of studies on SIDS have increased dramatically, SIDS appears frequently in medical literature and the news media. Periodically, such reports create the illusion that the cause of SIDS has been found. It is important to restate that SIDS continues as an unsolved problem. Even with our current scientific knowledge, the victims cannot be identified beforehand. There is still no way to determine which baby may die of SIDS.

For more information please contact the:  
**Northwest Infant Survival & SIDS Alliance**  
**206-548-9290 Seattle**  
**509-456-0505 Spokane**  
**1-800-533-0376 (WA/ID/OR)**  
**[www.nwsids.org](http://www.nwsids.org)**  
**[info@nwsids.org](mailto:info@nwsids.org)**

This pamphlet was prepared by NISSA. Portions of it were adapted with permission from similar brochures by the Clark County, Nevada, NSIDSF, Ann Kincaid, Minnesota SIDS Center, California SIDS Program, SIDS Resources, Inc., Missouri.