



Online Course for Health Care Professionals

Understanding SIDS and Safe Sleep  
What you learn could help save a life

### SIDS Education for Healthcare Professionals

CFSID announced this month the release of an online course that provides training about SIDS and Infant Safe Sleep to health care professionals. The three-hour course provides current, relevant information and strategies for reducing the risk of SIDS and infant deaths, and stresses the importance of the health care providers' role in educating parents and caregivers.

Practices performed by health care professionals are the strongest influence for new parents in caring for their babies. The course was designed to give professionals current information and relevant recommendations in safe sleep to share with impressionable parents.

The course was also intended for organizations outside of the traditional healthcare setting. The Toronto Catholic Children's Aid Society has already made the Safe Sleep program part of mandatory training for all staff. It is important that Canada have one consistent message about safe sleep practices. By offering opportunities to share this message through various channels, CFSID can ensure we are reaching parents and caregivers with this life-saving information. CFSID is working to receive accreditation from Curriculum Canada for this course.

A revised course, The ABCs of Safe Sleep, directed at parents, grandparents, daycare providers, and anyone that cares for a baby, will be launched in the near future. This updated two-hour course, focuses on practices of safe sleep and risk reduction methods. The courses are available through the website at [www.sidscanada.org](http://www.sidscanada.org). The online courses are part of the national Safe Sleep campaign and the Ontario Safe Sleep Project funded by the Ontario Trillium Foundation.

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### Safe Sleep Update

2010 has been a busy year to date for the Safe Sleep Team. 46 events were held including the Toronto Baby Time Show and presentations to all staff at the Toronto Catholic Children's Aid Society. SIDS info and safe sleep practices have reached over 1,600 people this year to date. The Safe Sleep Program launched in 2008 after CFSID received a grant from the Ontario Trillium Foundation.

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### RECALL NOTICES

**Series 8000 Convertible 3-in-1 Cribs from Meubles Les Petits Mousse Inc.** The cribs were manufactured in Canada in December 2008 and sold from January 2009 to April 2010. 56 of the recalled cribs were sold directly by Meubles Les Petits Mousse Inc. or by independent children's furniture stores in Quebec only.

#### **Kolcraft Travelin' Tot play yards**

One million Kolcraft Travelin' Tot play yards (manufactured for Carter's, Sesame Street, Care Bear, Jeep, Contours and Eric Carle) are being recalled in the U.S. due to a fall hazard. Health Canada has not yet issued a recall on this product.

**Cyberx 2.Go Infant Carriers** Products are being recalled due to a shoulder strap that can break, posing a fall hazard to babies.

**Kricket's Brand Children's Sleepwear** (Various Styles) The recall involves various styles in sizes 0/3 months to 12 years. The products are being recalled as they do not meet design and flammability requirements for children's sleepwear. Approximately 17,000 recalled products were sold across Canada.

Join the [Consumer Product Safety News mailing list](#) and receive updates on consumer advisories and warnings, consumer product recalls and consultation documents as they become available on the Consumer Product Safety section of Health Canada's website.

### RECALL NOTICES (DROP SIDE CRIBS)

On June 24, 2010, Health Canada announced five new recalls on drop side cribs. For the most comprehensive information visit the [Consumer Product Safety](#) section of Health Canada's website.

Companies involved in the recall are as follows:

**Delta Enterprise** The crib's drop-side hardware can break or become damaged, causing the drop-side to detach, posing a risk of entrapment, suffocation or strangulation.

**Simmons Juvenile Products, a division of Delta Enterprise** A retrofit kit is being offered to affected consumers. Approximately 230 recalled cribs were sold across Canada.

**Dorel Distribution Canada (Jardine Enterprise Ltd. In the U.S.)** The recall involves drop-side cribs with model number 10DV611BC and in Honey Pine colour. A free retrofit kit is being offered. 1404 of the recalled cribs were sold.

**Isis Inc. (Lajobi Inc. in the U.S.)** "Scandi" model drop-side cribs with model number 4130192. A retrofit kit is being offered. 170 recalled cribs were sold in Canada.

**Million Dollar Baby (also known as Bexco Enterprises Inc. in the U.S.)** Recalled cribs say "Million Dollar Baby" and have model numbers M0391, M0591, M1701, M2301, M4801, M5901, M5921.

### Health Watch: How Dangerous is Third-Hand Smoke?

The effects of smoking both before and after pregnancy are associated with an increase in the risk of SIDS. Babies that live with a smoker have a five times greater risk than those that live in non-smoking environments. While second hand smoke has long been a concern to the health of babies and others living in the home, third hand smoke poses potential risks as well, especially for infants.

Third-hand smoke (the toxins that remain after the cigarette is extinguished) is residue from second hand smoke. These toxins get trapped in carpets, on furniture, toys, clothes, skin and hair. Babies can ingest toxins by touching the contaminated surface and putting their hands in their mouth. The chemicals from the trapped smoke also pollute the air and get into the baby's lungs.

#### *Can you smell that?*

Have you ever noticed the smell left behind when someone has smoked and left the room? Or when someone steps outside for a cigarette and returns with a smoky aroma? This is third hand smoke at its finest. Unhealthy toxins have attached themselves to clothes, hair, whatever they can, and will make their way through your home.

Babies are more susceptible to the negative effects of third hand smoke for a multitude of reasons. An immature immune system can easily interpret the components of smoke as a dangerous germ, in turn causing an inflammatory response leading to bronchitis or asthma. Their bodies are small and combined with faster breathing rates, they take in a higher concentration of these harmful chemicals than adults and even older children. The presence of these chemicals can also interfere with the development of the nervous system.

***The best strategy to reduce the risk of SIDS and other health-related issues, is to provide a smoke-free environment for a baby.***

### The Potential Dangers of Baby Slings and Infant Carriers



Health Canada has issued warnings about the use of slings and soft infant carriers

The use of baby slings has been growing in popularity in the last several years. While slings have been used for centuries, most recently they are being touted as a convenient, fun and safe way to carry your baby. Yet just a few months ago, Health Canada issued a warning about the use of slings and soft infant carriers, citing potential risk of injury and even death.

Parents and caregivers are reminded to frequently check on their baby when using these items. Make sure the baby's face is always visible and the head is above the sling to prevent restricted breathing. Never let your baby sleep in a sling or carrier.

Health Canada is currently developing a voluntary standard for infant slings. For more information visit the [Health Canada](#) website.

### Do You Know the ABC's of Safe Sleep DVD

Providing a safe sleep environment for your baby is the single most important step you can take to reduce the risk of SIDS and infant sleep accidents. This 18-minute DVD presents recommendations for safe sleep practices for all babies. It is a must-see for parents, grandparents, caregivers, day care providers and anyone that cares for your baby. Share the DVD with others and make sure that everyone that looks after your baby is aware of the safe sleep practices that you follow. It also makes a great gift for new or pregnant mothers. DVDs are available for a \$10 donation to CFSID and can be requested by calling 1-800-363-7437 or by email to [sidsinfo@sidscanada.org](mailto:sidsinfo@sidscanada.org).



### Fundraising for CFSID

Are you interested in raising funds for CFSID? There are many great ways to help support SIDS while having fun! Consider a dress-down day or bake sale at your workplace. You can organize a neighbourhood garage sale or a cycling race. Other events such as bowling tournaments, car washes and walk-a-thons are a great way to engage the community. Be creative and enlist the help of family and friends. This rewarding volunteer experience will bring you closer to the community, while CFSID gets closer to ending the tragedy of SIDS.



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