

Safe Sleep e-newsletter

June 2011

New Study Investigates Protective Effect of Back Sleeping

One of the most important changes in preventing SIDS deaths occurred in the early 1990s when the “Back to Sleep” campaign was initiated. Placing babies on their backs every time they sleep has reduced the incidence of SIDS remarkably. Some people have considered it one of the most successful public health initiatives of all time. In spite of this successful strategy, we are still not entirely certain how placing a baby on its back instead of on its side or tummy actually accomplishes this protective effect. New research by Drs. Flora Wong and Nicole Witcombe and published in *Pediatrics* now gives us a better understanding of how this occurs.



The problem with infants at risk for SIDS seems to be their decreased arousability, along with lower blood pressure. What this means is that when infants find themselves in a compromised situation with bedding or a position where they are rebreathing their own exhaled air, they don't arouse properly and move themselves out of their dangerous situation. Because their blood pressure is already lower, their breathing slower, and their arousability impaired, these infants drift into the deadly cycle that results in a SIDS death.

This study shows that prone sleeping (sleeping on the tummy) is associated with lower oxygen levels in the brain. Blood flow is decreased and the head rotation as the baby sleeps actually obstructs blood flow somewhat. There is even a correlation between age. This decreased flow of oxygen to the brain seems particularly problematic at two to three months of age, precisely the time when the risk of SIDS is highest.

This not only explains why tummy sleeping increases the risk, but may also help us understand why additional risk factors such as smoking add to the problem and may compound the risk. Knowing the mechanisms for these risk factors helps us give parents reasons for why they should adopt safe sleeping practices every time the baby is put to bed.

In This Issue:

- Study on Back Sleeping
- Smoking increases SIDS
- Product Watch: HALO® SleepSack™
- Recall Notices
- Consumer Product Safety
- Donate to CFSID today!

Smoking increases risk of SIDS

A baby should not be exposed to smoke during pregnancy or after birth. Parental smoking (by Mom or Dad) puts babies at a five times greater risk of SIDS than babies in non-smoking environments. Even cutting back on the number of cigarettes smoked provides some reduction in the risk. Quitting smoking for the health of your baby and your family will also provide many health benefits as you eliminate cigarettes.

DONATE TODAY!

Your donation will help CFSID continue to educate parents, caregivers and professionals on SIDS risk reduction methods and safe sleep practices. Donate online via our website or by calling 1-800-363-7437.

RECALL NOTICES

[Generation 2 Worldwide and Child “ESIGN” drop side crib brands](#)

[Various brands of Child Car Seats](#)

[Oball Links and Mini Rattle](#)

[Parents Busy Time Activity Centre](#)

[Jump Seat on Baby Joggers Strollers](#)

[Organic Terry Animal and Spa Robes by Sage Creek Organics](#)

[B.O.B. Single and Double Strollers](#)

[SNIGLAR full sized crib from IKEA](#)

[Summer Infant Video Baby Monitors](#)

[Burlington Basket Bassinets](#)

[Nurses Choice Holiday Keepsake Newborn Mittens](#)

[Delta Enterprise “Safety Peg” drop side crib](#)

RECALL NOTICES cont'd

[Troy the Activity Truck](#)

[Arms Reach Concepts—Bedside Sleeper](#)

[Pampers Natural Stages Pacifiers](#)

[Chikitoe Baby Sleepers](#)

[Co-sleeper Infant Bedside Sleepers](#)

[Go Diego Go! And Dora the Explorer Pacifiers](#)

[Monkees Wrist Rattle and Monkees Baby Booties](#)

[Katie Little Infant Bathrobes by Kids Line](#)

[Lan Enterprises Zooper Strollers \(US\)](#)

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.



Consumer Product Safety Act

On June 20, 2011 the Consumer Product Safety Act from Health Canada came into effect. The Act was designed to provide safety information on consumer products, and prohibit the manufacture and sale of unsafe products. It will also ensure that unsafe products are removed from the marketplace in an efficient and timely manner. The Act now gives government the ability to impose recalls on products that are a danger to human health and safety as well as to stop the manufacture, importation, selling or advertisement of a consumer product that is subject to a recall.

Under the Act, the following baby products are prohibited:

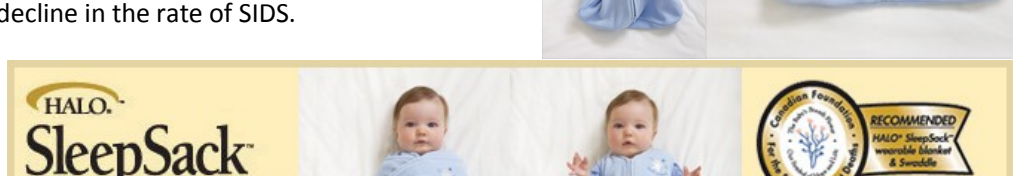
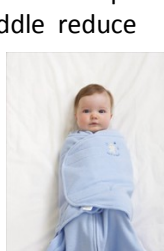
- Baby walkers
- Teethers, pacifiers, and bottle nipples that contain micro-organisms
- Structures that position feeding bottles allowing babies to feed themselves while unattended
- Polycarbonate baby bottles that contain 4,4'-isopropylidene-diphenol (Bisphenol A)

The Act also covers incident reporting. Anyone who manufactures, imports or sells consumer products in Canada must provide Health Canada with all information regarding an “incident” including a description of the incident, the product involved, any other products that could be similar and the measure proposed to correct the problem.

The government now has the ability to enforce corrective action with respect to recalled products. This can include stopping manufacturing, importation, packaging, storing, advertising, selling, labelling, testing or transportation of the consumer product.

Product Watch: Halo Sleepsack

You may be surprised to learn that loose blankets in a baby's sleep environment pose a risk of smothering and carbon dioxide rebreathing. As a safe alternative to the use of blankets, CFSID recommends the specially designed HALO® SleepSack™ wearable blanket and SleepSack™ Swaddle. Specially designed with infant safety in mind, HALO® SleepSack™ wearable blanket and Sleepsack™ Swaddle reduce the risk of baby's head becoming covered and of rebreathing, which have been associated with the incidence of SIDS. In addition, they promote the back sleeping position, which is the only recommended sleep position for infants and has been attributed to a significant decline in the rate of SIDS.



Canadian Foundation for the Study of Infant Deaths
 60 James St. Suite 403
 St. Catharines, ON L2R 7E7
 1-800-363-7437
sidsinfo@sidscanada.org

To remove your name from our mailing list, please email sidsinfo@sidscanada.org