

SAFE SLEEP

The role of the childcare provider



Safe Sleep in South Dakota

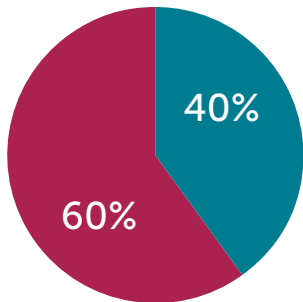
An average of **19** infants die each year in SD due to sleep-related causes.*

The SD Infant and Child Death Review found that **87%** of the infant deaths they reviewed in unsafe sleep settings **could have been prevented**.



Sudden Unexpected Infant Deaths (SUID) account for nearly **1 in 5** infant deaths, with unsafe sleep as a common factor.

A growing percentage of sleep-related infant deaths occur in adult beds, increasing from **51% (2015–2019)** to **66% (2020–2024)**.



From 2015–2024, there have been **15** reviewed **sleep-related infant deaths** occurring in a **day care** setting.

- **40%** of those deaths were in **licensed day care homes**
- **60%** were in **unlicensed day care homes**
- **0** occurred in **licensed day care centers**

For data requests, contact the MCH Data Team at DOH.MCHDATA@state.sd.us.

What Childcare Providers Can Do:

- ✓ Always model safe sleep in your care setting.
- ✓ Encourage open and honest conversations with parents and caregivers about the importance of safe sleep.
- ✓ Answer questions parents may have about safe sleep.
- ✓ Become a Safe Sleep Ambassador and promote the training.

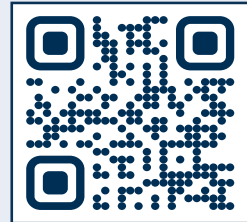
Source: SD Infant death that occurred between 2020 and 2024: reviewed cases, National Center for Fatality Review.

*Unsafe sleep environment, such as an adult bed, couch, chair, car seat, swing, rock 'n play, or unsafe crib.

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Become a Safe Sleep Ambassador

Access the Safe Sleep Ambassador Training:



Reporting Directions for Ambassador Training Certificate

Once you receive your Safe Sleep Ambassador training certificate, print it off and display it in your workplace to show parents that you are safe sleep certified.

IMPORTANT: All childcare providers should email their certificate of completion to the following email address for initiative tracking: Stacie.Ugofsky@state.sd.us

Contact Information



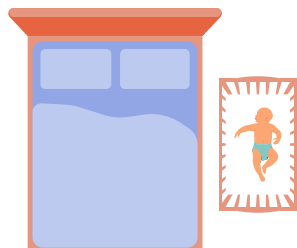
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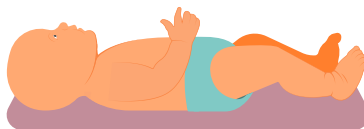
Safe Sleep Tips

The ABCs of Safe Sleep



Alone

Place baby by themselves, and keep their sleep area clear of soft bedding such as blankets, pillows, bumper pads, and plush toys.



Back

Whether at night or going down for a nap, place baby on their back every time they sleep



Crib

Always place baby on a firm sleep surface, such as a mattress in a safety-approved crib, bassinet, or play yard.

Practice these 12 steps for the first 12 months



Step 1:

Back to sleep for every sleep



Step 2:

Use a firm, flat, safety-approved sleep space



Step 3:

Breast milk lowers the risk of SUID



Step 4:

Share your room, not your bed



Step 5:

Place baby in bare crib



Step 6:

Use a pacifier to reduce SUID risk



Step 7:

Avoid smoking, vaping, and impairment



Step 8:

Avoid overheating and swaddle safely



Step 9:

Keep up with doctor's visits and vaccines



Step 10:

Research baby products before buying



Step 11:

Practice tummy time



Step 12:

Spread the safe sleep message