

<p>Child Care Center</p> <p>Family Child Care</p>	<p>Participant Guide</p> <p>Sudden Unexpected</p> <p>Infant Death</p>
<p>August 2024</p> <p>This one-hour module meets</p> <p>MN Statutes, section 142B.65 and</p> <p>MN Statutes, section 142B.70</p>	<p>1 hour</p>

Copyright and Limitations on Use and Liability

This curriculum was developed with funding by the Minnesota Department of Children, Youth, and Families. The Minnesota Department of Children, Youth, and Families makes no representations and accepts no liability on its use or results. This curriculum may not be reproduced, copied, sold or otherwise distributed without the written approval of the Minnesota Department of Children, Youth, and Families.

To request written permission for use or reproduction of any portion of this curriculum, e-mail DCYF.Child.Care@state.mn.us.

Session Overview

Knowledge and Competency Framework (KCF) Content Area and CDA Content Areas

The Knowledge and Competency Content Areas and the CDA Content Areas are listed here to help participants understand what competencies, content areas and/or indicators are addressed in the training.

KCF Content Area: VII. Health, Safety, and Nutrition

CDA Content Area: Safety, Healthy, Learning Environment

Learning Objectives

- Identify and actively address the reduction of risk factors of Sudden Unexpected Infant Death, SIDS, suffocation, and other sleep-related infant deaths within the attendee's child care program.
- Successfully review the MN Child Care Statute requirements related to safe infant sleep.
- Identify the consequences of non-compliance with regulations.

Session 1 Outline

Section	Overview
Welcome and Introduction	<ul style="list-style-type: none">• Welcome and Introductions• Large Group
Definitions and Incidence	<ul style="list-style-type: none">• American Academy of Pediatrics Definitions and Terms• MN Data• Video• Large Group
MN Legislative Requirements to Reduce the Risk of Sudden Unexpected Infant Death	<ul style="list-style-type: none">• MN Legislative Requirements – MN Statutes, section 142B.46• Other related MN Statute and Rule• Videos• Large Group
Strategies to Reduce the Risk of Sleep-related Sudden Unexpected Infant Death	<ul style="list-style-type: none">• American Academy of Pediatrics Recommendations• Videos• Large Group
Other Safe Sleep-Related Issues	<ul style="list-style-type: none">• Large Group
Consequences for Not Following Safe Sleep Regulations	<ul style="list-style-type: none">• Large Group
Reflection and Wrap-up	<ul style="list-style-type: none">• Large Group• Individual Reflection

AAP Summary of Recommendations with Strength of Recommendations Table 2 2022

ASSB, accidental strangulation or suffocation in bed- An explained sudden and unexpected infant death in a sleep environment (bed, crib, couch, chair, etc) in which the infant's nose and mouth are obstructed, or the neck or chest is compressed from soft or loose bedding, an overlay, or wedging causing asphyxia. Corresponds to ICD-10 W75

Bed sharing - Parent(s) and infant sleeping together on any surface (bed, couch, chair). Medical examiners prefer the term "surface sharing."

Caregivers - Throughout the document, "parents" are used, but this term is meant to indicate any infant caregivers.

Cosleeping - This term is commonly used in other publications, is not recommended because it lacks clarity, being variably used for sleeping in close proximity (eg, room sharing) and/or sleep surface or bed sharing.

Room sharing - Parent(s) and infant sleeping in the same room on separate surfaces.

SIDS (sudden infant death syndrome) - Cause assigned to infant deaths that cannot be explained after a thorough case investigation, including a death scene investigation, autopsy, and review of the clinical history.

Sleep-related infant death - A sudden unexpected infant death that occurs during an observed or unobserved sleep period, or in a sleep environment.

Sudden unexpected infant death (SUID) - A sudden and unexpected death, whether explained or unexplained (including SIDS), occurring during infancy. Defined by the National Center for Health Statistics to mean deaths with an underlying cause code of ICD-10 R95, R99, or W75.²⁴

Surface Sharing - Surface sharing: Parent(s) and infant sleeping together on any surface. Medical examiners prefer "surface sharing" over "bed sharing."

Unexplained sudden death in infancy or sudden infant death syndrome (SIDS) - The sudden unexpected death of an apparently healthy infant under 1 y of age, in which investigation, autopsy, medical history review, and appropriate laboratory testing fails to identify a specific cause, including cases that meet the definition of sudden infant death syndrome.⁶ The panel of experts representing the National Association of Medical Examiners recommends the use of unexplained sudden death in infancy and not sudden infant death syndrome.⁵

Wedging or entrapment - A form of suffocation or mechanical asphyxia in which the nose and mouth or thorax is compressed or obstructed because of the infant being trapped or confined between inanimate objects, preventing respiration.⁵³⁷ A common wedging scenario is an infant stuck between a mattress and a wall (or a bedframe) in an adult bed.

Definitions:

MN Legislative Requirements to Reduce the Risk of SUID

AAP Recommendations- Strategies to Reduce the Risk of SUID

Other Sleep Related Issues

Consequences for not following Safe Sleep Regulation

Reflection, Wrap-Up

Thinking through your day-to-day care for safe sleep.

Where do you feed infants?	
What is your practice when holding or having tummy time with an infant and they fall asleep?	
What room do infants sleep in?	
How do you monitor infants when they are sleeping?	
How do you keep infants warm and still follow licensing requirements?	
What do you do to stay awake when having a tiring day?	
Who do you connect with for encouragement?	

It's normal to have difficult days or difficult moments while caring for children. How can you practice good self-care during those difficult moments or days?	
--	--

Thinking through your program practices.

How do you plan to ensure infants have a safe sleep space?	
What would you change or add to your practice based on this training?	
How do you involve parents or inform parents of your safe sleep practices?	
What could you do above and beyond what is required in MN law to reduce the risk of Sudden Unexpected Infant Death?	

American Academy of Pediatrics Links and Resources

- [Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)
 - [AAP Definitions of Terms Table 1 2022](#)
 - [AAP Summary of Recommendations with Strength of Recommendations Table 2 2022](#)
 - [AAP Safe Sleep Guidelines That Have Been Substantially Revised Since 2016 Table 3](#)

Licensing MN Statutes, Rules, and links

- [MN Rule 2 for Family Child Care](#)
- [MN Rule 3 for Child Care Center](#)
- [MN Statutes, section 142B.70 Family Child Care Training Requirements](#)
- [MN Statutes, section 142B.65 Child Care Center Training Requirements](#)
- [MN Statutes, section 142B.46 Reduction of Risk of Sudden Unexpected Infant Death in Licensed Programs](#)
- [Family Child Care Licensing: Implementation plan for 2023 legislative changes \(mn.gov\)](#)

- [Licensed Child Care Centers: Implementation plan for 2023 legislative changes \(mn.gov\)](#)
- [MN Statutes, section 142B.45 Crib Safety Requirements](#)
- [Help for licensed family child care providers / Minnesota Department of Human Services \(mn.gov\)](#)

Sudden Unexpected Infant Death (SUID) videos-Family Child Care

The Department of Human Services has approved the following series of videos to meet the SUID component when individuals are not receiving face-to-face, classroom, or online SUID training. All videos must be viewed to meet the SUID training requirement.

Please Note: The videos below include portrayals of infant sleep environments in private, non-licensed, homes that are not subject to the requirements of Minnesota Statutes, section 142B.46. Licensed child care providers must comply with statutory safe sleep requirements when sleeping infants including nothing in the crib except for an infant's pacifier. In addition, attachments or modifications to the crib are prohibited.

- [Safe Sleep](#) (produced by Hennepin County, 4:17)
- [Safe Sleep Practices](#) (Produced by Eastern Virginia Medical School, 5:50)
- [Sleep On It - Preventing Unsafe Sleep Practices](#) (Produced by Dakota County, 6:28)

MN Department of Health

- [Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment \(state.mn.us\) pdf](#)
- [Safe Sleep FAQ \(state.mn.us\) pdf](#)

Additional Resources

- [Federal Register: Safety Standards for Full-Size Baby Cribs and Non-Full-Size Baby Cribs; Final Rule](#)
- [Videos | Safe to Sleep® \(nih.gov\)](#) Learn about the 2022 Recommendations to Reduce the Risk of Sleep-Related Infant Deaths

Consumer Product Safety Commission

- [Recalls | CPSC.gov](#)
- [Enforcement Guidance for Child Care Providers | CPSC.gov](#)