Pregnant and New Moms: Safe Sleeping

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Test your knowledge: Which of the following is NOT true?

A. New moms need more calcium and protein if breastfeeding

B. Hydration is important for milk production

C. Caffeine should be completely avoided during breastfeeding

Submit

Loading...

Test your knowledge: Which of the following is NOT true?

A. WIC provides referrals to health care and breastfeeding support

B. Many public health programs offer nutrition classes tailored to pregnancy and breastfeeding

C. Food pantries and community centers never stock prenatal or baby-specific food items

D. SNAP benefits can be used to purchase a wide variety of healthy foods, including fruits and vegetables

Submit

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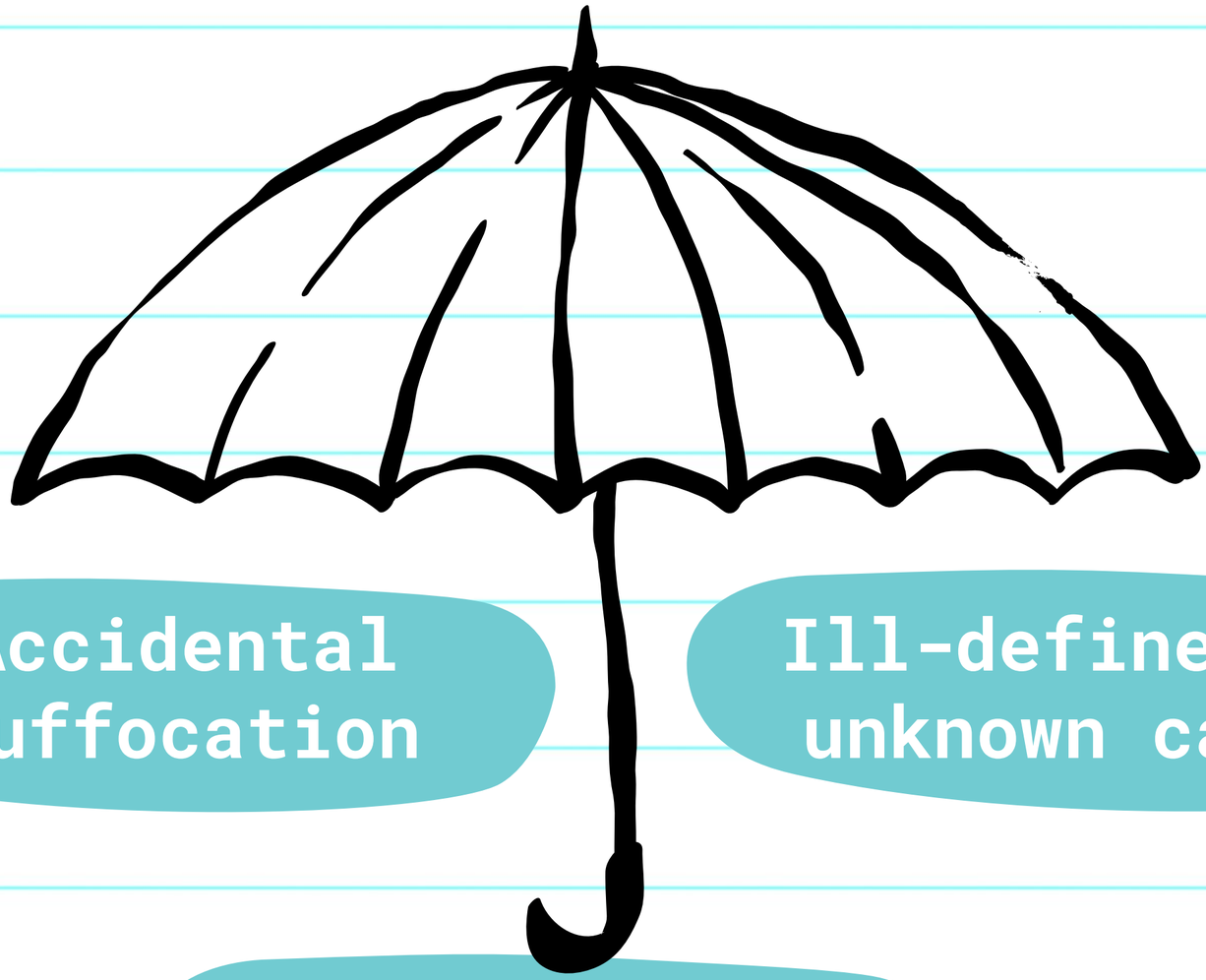
Sudden Unexpected Infant Death



Accidental Suffocation

Ill-defined and unknown causes

SIDS

SOURCE

3700

Approximate SUID deaths annually.

1-4 months

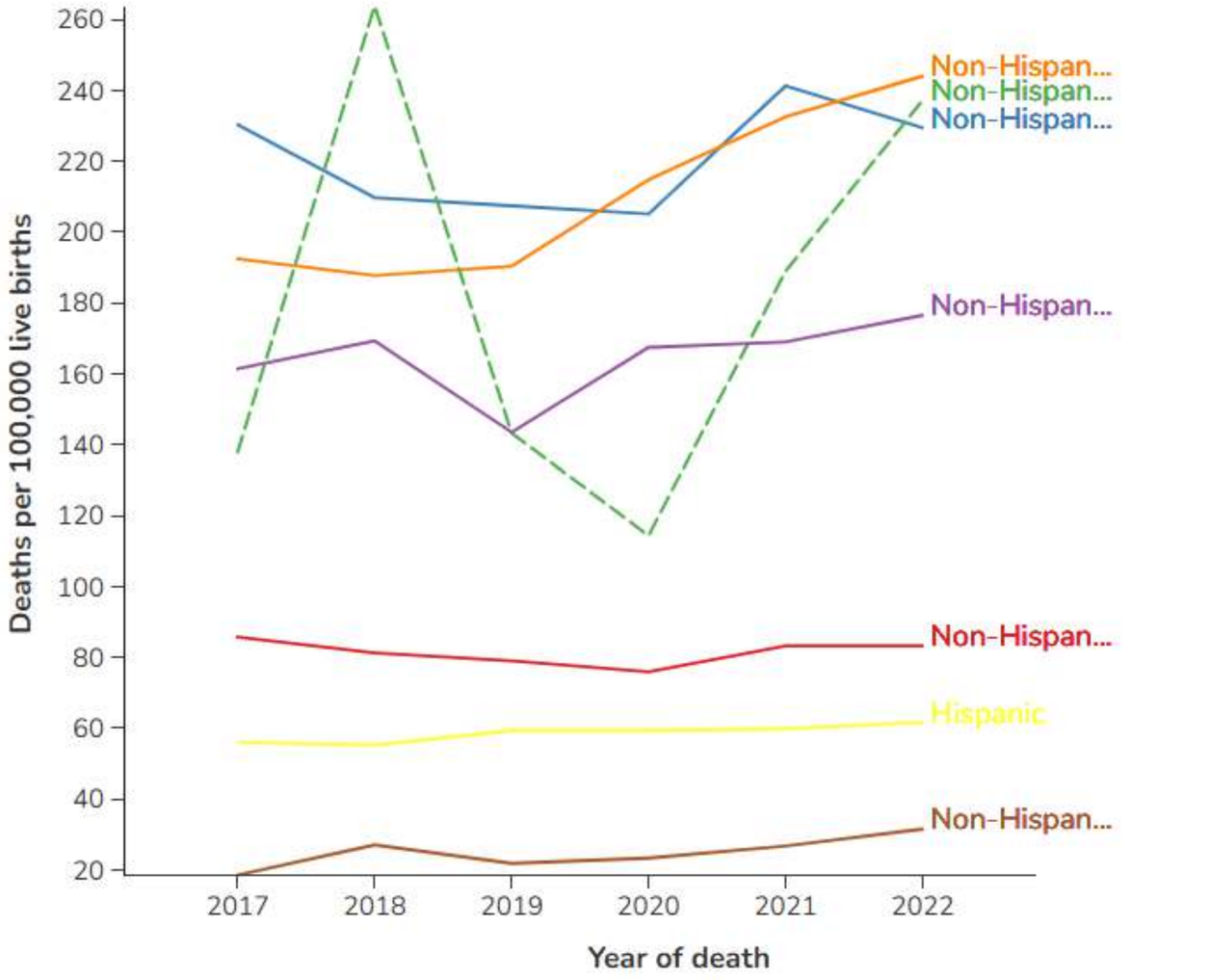
Most common age, and about 90% of deaths occur before 6 months.

87%

Percentage of cases where bed-sharing is a risk factor

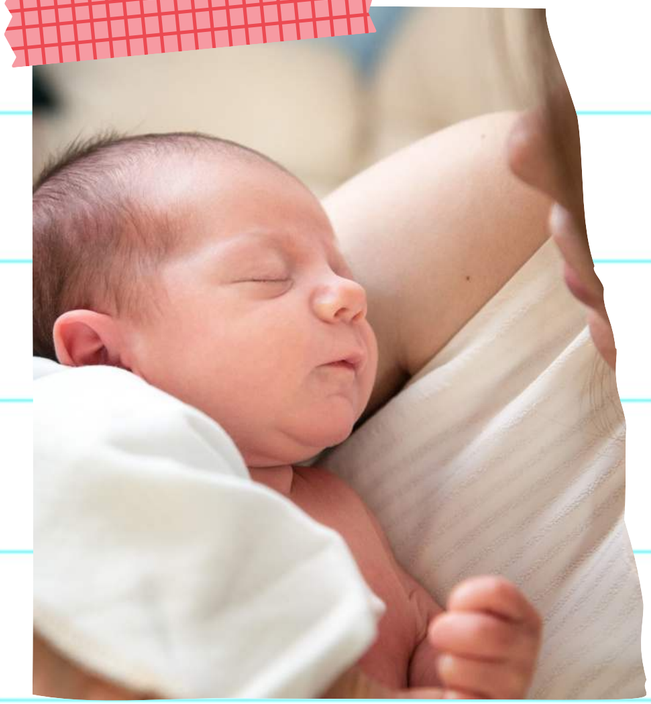
SOURCE

SUID rates by race and ethnicity, 2017-2022



Non-Hispanic American Indian or Alaska Native
Non-Hispanic Black
Non-Hispanic Native Hawaiian or Other Pacific Islander
Non-Hispanic More Than One Race
Non-Hispanic White
Hispanic
Non-Hispanic Asian

Safe Sleeping



Benefits of Safe Sleeping for Mom and Babies

Key advantages of practicing safe sleep habits for both mothers and their babies

ABCs of Safe Sleeping

Simple, essential guidelines that help ensure a baby sleeps safely

Safe Sleeping Practices

Practices to ensure that help to create a safe sleeping environment for moms and babies.

Benefits of Safe Sleeping for Mom and Baby

MOM

- Peace of mind
- Improved maternal recovery and infant bonding
- Emotional Well-being
- Easier breastfeeding
- Reduced Sleep Disruption
- Can help prevent post partum depression

BABY

- Reduced risk of SIDS and accidental suffocation
- Improved sleep quality
- Improved overall health and promote healthy growth and development

SOURCE

ABCs of Safe Sleeping

A(lone)

Alone: Babies should sleep alone in their crib or bassinet, without pillows, blankets, toys, or other people to reduce the risk of suffocation or entrapment.

B(ack)

Back: Babies should always be placed on their backs to sleep, for naps and at night, as this significantly reduces the risk of Sudden Infant Death Syndrome (SIDS).

C(rib)

Crib: Babies should sleep in a crib, bassinet, or play yard with a firm mattress and a fitted sheet—never on couches, armchairs, or adult beds.

Safe Sleeping Practices

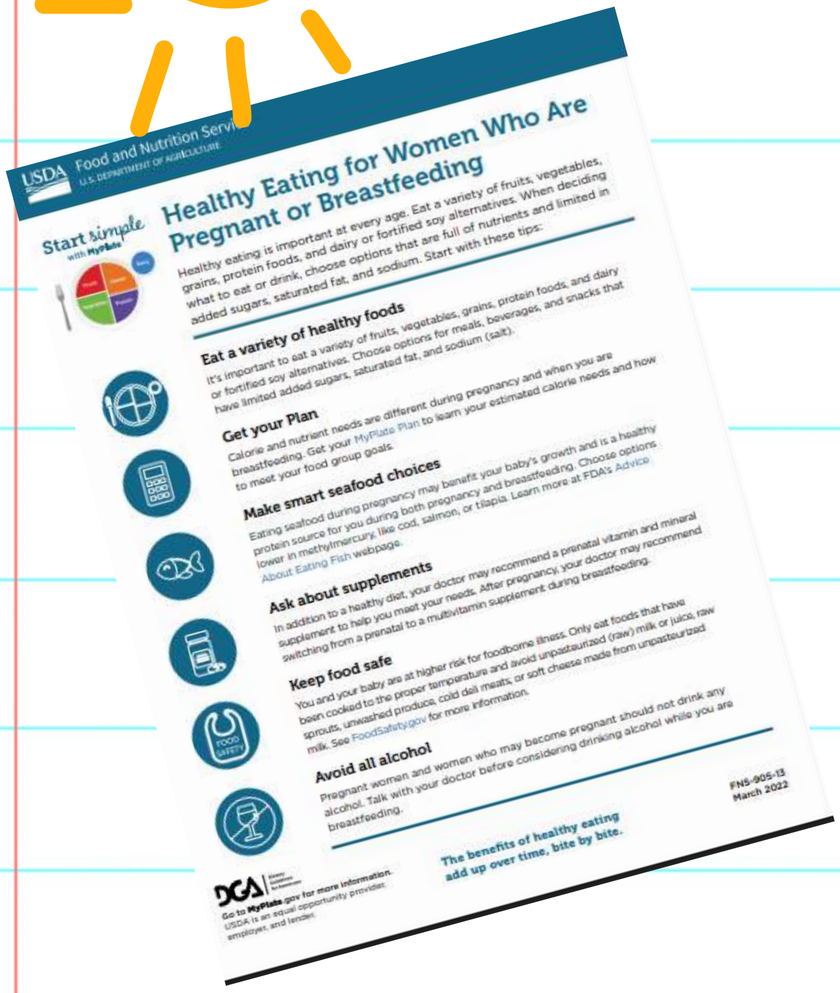
DO:

- Keep the crib free of soft objects like blankets, pillows, stuffed animals, and bumper pads.
- Dress your baby in light sleep clothes and avoid over bundling
- If swaddling, use a thin, cotton material and stop when your baby shows signs of rolling over.
- Practice room-sharing until baby is at least 6 months
- Share safe-sleep information, tops and resources with family members

DON'T:

- Over bundle
- Avoid allowing your baby to fall asleep in car seats, swings, or strollers, unless they are specifically designed for sleep.
- Do not use weighted blankets, sleepers, or swaddles on or around your baby.
- Don't Use Crib Bumpers: Crib bumpers have been linked to infant deaths and should be avoided.

Nutrition in Life Stages



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy Eating for Women Who Are Pregnant or Breastfeeding

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Eat a variety of healthy foods

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium (salt).

Get your Plan

Calorie and nutrient needs are different during pregnancy and when you are breastfeeding. Get your MyPlate Plan to learn your estimated calorie needs and how to meet your food group goals.

Make smart seafood choices

Eating seafood during pregnancy may benefit your baby's growth and is a healthy protein source for you during both pregnancy and breastfeeding. Choose options lower in methylmercury, like cod, salmon, or tilapia. Learn more at FDA's Advice About Eating Fish webpage.

Ask about supplements

In addition to a healthy diet, your doctor may recommend a prenatal vitamin and mineral supplement to help you meet your needs. After pregnancy, your doctor may recommend switching from a prenatal to a multivitamin supplement during breastfeeding.

Keep food safe

You and your baby are at higher risk for foodborne illness. Only eat foods that have been cooked to the proper temperature and avoid unpasteurized (raw) milk or juice, raw sprouts, unwashed produce, cold deli meats, or soft cheese made from unpasteurized milk. See FoodSafety.gov for more information.

Avoid all alcohol

Pregnant women and women who may become pregnant should not drink any alcohol. Talk with your doctor before considering drinking alcohol while you are breastfeeding.

FNS-905-13
March 2022

DGA Dietary Guidelines for Americans

Go to MyPlate.gov for more information.
USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating add up over time, bite by bite.

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U.S. DEPARTMENT OF AGRICULTURE

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Healthy Eating for Infants

Healthy eating is important at every age. When it's time for solid foods, offer babies a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and lower in sodium and avoid added sugars. Start with these tips:

Feeding your young baby

If possible, feed your baby only breast milk from birth to about 6 months of age, and continue through at least the first year of life—longer if desired. If breast milk is unavailable, feed your baby iron-fortified infant formula. Talk to your healthcare provider about vitamin D supplements for your baby.

Look for cues

When babies are hungry, they usually let you know. But fullness cues are not as obvious. Babies may be full if they close their mouth, turn their head away from breast or bottle, or relax their hands. Recognizing and responding to these cues helps children learn how to self-regulate their intake.

Starting solid foods

At about 6 months, infants may show signs that they're ready for solid foods, such as bringing objects to the mouth or swallowing food rather than pushing it out. Do not put infant cereal or other solid foods in an infant's bottle, but small amounts of water may also be introduced when your baby starts solid foods.

Serving first foods

Introduce a variety of foods, flavors, and textures from all food groups. Include foods rich in iron and zinc, particularly for breastfed infants. Examples include lean meats, fortified infant cereals, and beans.

Prevent choking

Make sure your baby is sitting in a highchair or other safe, supervised place for meals and snacks. Offer foods that are the appropriate size, consistency, and shape for your child's age and eating skills.

Serving safe foods

Avoid feeding your baby any foods that contain raw or cooked honey. Honey can contain bacteria that could cause serious illness or death among infants. Also avoid unpasteurized foods or beverages, such as juices, milk, yogurt, or cheeses, as they could contain harmful bacteria.

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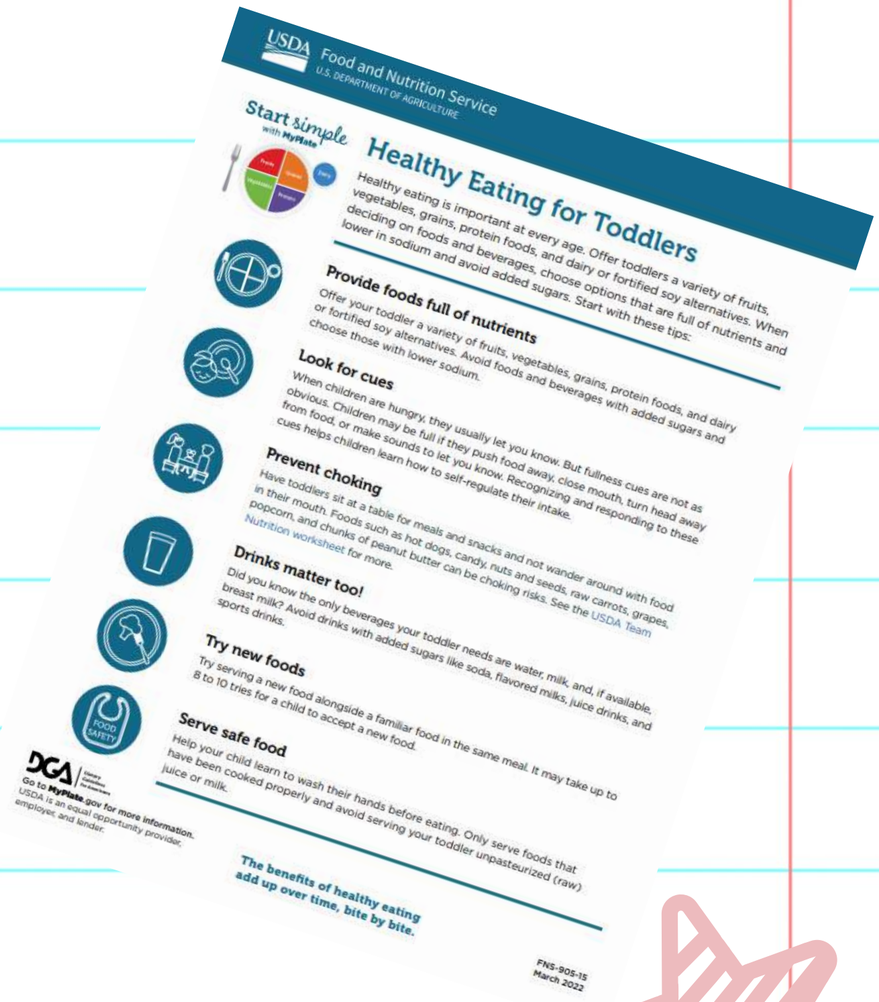

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Start simple with MyPlate

Healthy Eating for Toddlers

Healthy eating is important at every age. Offer toddlers a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and lower in sodium and avoid added sugars. Start with these tips:

Provide foods full of nutrients

Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Avoid foods and beverages with added sugars and choose those with lower sodium.

Look for cues

When children are hungry, they usually let you know. But fullness cues are not as obvious. Children may be full if they push food away, close mouth, turn head away from food, or make sounds to let you know. Recognizing and responding to these cues helps children learn how to self-regulate their intake.

Prevent choking

Have toddlers sit at a table for meals and snacks and not wander around with food in their mouth. Foods such as hot dogs, candy, nuts and seeds, raw carrots, grapes, popcorn, and chunks of peanut butter can be choking risks. See the USDA Team Nutrition worksheet for more.

Drinks matter too!

Did you know the only beverages your toddler needs are water, milk, and, if available, breast milk? Avoid drinks with added sugars like soda, flavored milks, juice drinks, and sports drinks.

Try new foods

Try serving a new food alongside a familiar food in the same meal. It may take up to 8 to 10 tries for a child to accept a new food.

Serve safe food

Help your child learn to wash their hands before eating. Only serve foods that have been cooked properly and avoid serving your toddler unpasteurized (raw) juice or milk.

DGA Dietary Guidelines for Americans

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Food Smarts Curriculum for New & Expecting Parents:

Feeding Your Whole Family // WEEK 2

Lesson Objective:
To identify ways to address some of the challenges of feeding and nourishing children.

Time	Topics	Workbook Reference
5 min.	Taste Test	IG p. 132-133
	SMART Goal Check In	p. 12
5 min.	**Starting Question:** *What is your biggest concern when it comes to feeding your children?*	
15 min.	*Choose from the following:*	
	Feeding Baby, Feeding Mom	p. 18*
	» Tips on how to breastfeed baby and provide essential self-care while doing it.	
	Welcome to the Table!	p. 19*
	» How and when to introduce food to babies.	
	Positive Feeding: Toddlers and Preschoolers/Positive Feeding: Elementary	p. 21*

Feeding Baby, Feeding Mom

Here are some helpful tips on how to provide essential self-care and keep your baby happy and healthy through breastfeeding.

What is hard about feeding your infant? What about feeding yourself?

Breastfeeding Tips

1. Learning to breastfeed may take time and effort. This is normal!
2. Switch breasts about halfway through each feeding, or from one feeding to the next.
3. Flavors and compounds from foods you eat can end up in breast milk. Spicy or gassy foods, like cabbage, may cause problems for your baby.
4. Check with your doctor to see if alcohol or medications are safe for you while breastfeeding.
5. Your baby should dirty several diapers per day. This is one sign he or she is eating enough.

Mom Needs Care, Too

It can be tough to take care of yourself while taking care of someone else! Remember:

1. Get as much rest as possible to recover from childbirth and to maintain a good milk supply.
2. Avoid restricting calories if breastfeeding in the first 6 months.
3. An eating pattern of mostly whole foods may help you recover from pregnancy and delivery faster.
4. Keep healthy, ready-to-eat foods on hand for when cooking is not possible. Fresh fruit, cut vegetables, yogurt, nuts, and whole grain bread are good choices.
5. Drink more water throughout the day if you are breastfeeding.
6. Limit alcohol, caffeine, and added sugars. These can disrupt your sleep cycle. It's hard enough to sleep with a newborn around!
7. Ask for help from your family, community, and professionals.

Infants...

- should get all of their nutrition and hydration from breast milk or iron fortified formula at least until they are 6 months old or longer.
- should exclusively breastfeed for at least 6 months or even longer.
- vary in how long they nurse at one time. Some need as few as 10 minutes or as much as 60 minutes.

TRY IT! What other ways can you take care of yourself when you have a new baby?

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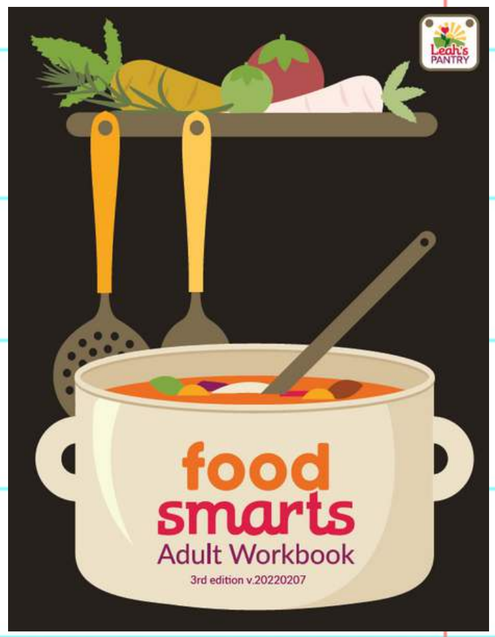


Advances & Future Implications

Key Areas of Advancement:

-Genetics

-Biomarkers

-Cardis Arrhythmias

-Environmental Factors

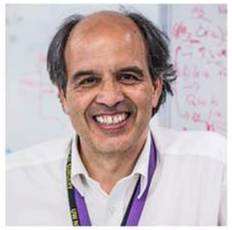
-Investigative Practices

Implications:

-Improve Clinical Practices

-Improve SUID rates

-Provide Closure for Families



July 24, 2024 – A new study from Dr. Nino Ramirez of Seattle Children's Research Institute's Norcliffe Foundation Center for Integrative Brain Research and colleagues, including researchers in Microsoft's AI for Good Lab, is among the first to use whole genome sequencing to gain insights into potential genetic factors contributing to infants' vulnerability to sudden unexpected infant death (SUID). The findings, which significantly expand the list of potential gene variants associated with SUID — including genes related to heart disease and neurological and metabolic disorders — were recently published in the *American Journal of Medical Genetics Part A*.

A leading cause of infant mortality, SUID encompasses three types of death in children under 1 year old: sudden infant death syndrome (SIDS); deaths from other ill-defined or unknown causes; and accidental suffocation or strangulation in bed. The Centers for Disease Control estimates SUID contributes to the deaths of about 3,400 infants in the U.S. annually.

Many risk factors have been identified for SIDS/SUID: race/ethnicity, prematurity, maternal smoking during pregnancy, lower birth weight, bed-sharing, prone (stomach) sleeping, recent infection, geography and environmental exposures such as air pollution. The

Resource Page

SCNJ
Sudden Infant Death Syndrome Center of New Jersey

Safe Sleep For Infants

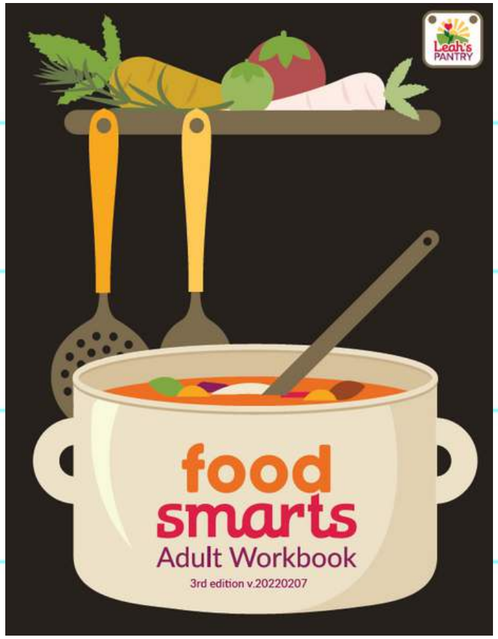
When You Lay Me Down To Sleep,
Make Sure Sleep Time Is A Safe Time...

SIDS Info App

Scan the QR code to download the free app a start learning the safe sleep recommendations!

SCAN ME

United States
CONSUMER PRODUCT SAFETY COMMISSION



Dear Parents & Grandparents

English
Español
Haitian Creole
Portuguese

Baby Bear Discusses Safe Sleep

English
Español

Scan to download the FREE SIDS Info App

SCAN ME

*SIDS Info app is available in English/Spanish

A Bare Crib is a Safer Crib

English
Español
Haitian Creole
Portuguese

Thank you!