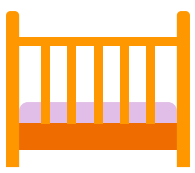


Safe Sleep for Babies

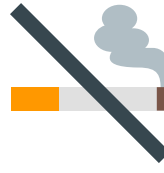
Findings from Safe and Sound, a 2020 Special Report by the Manitoba Advocate for Children and Youth



Alone



On Back

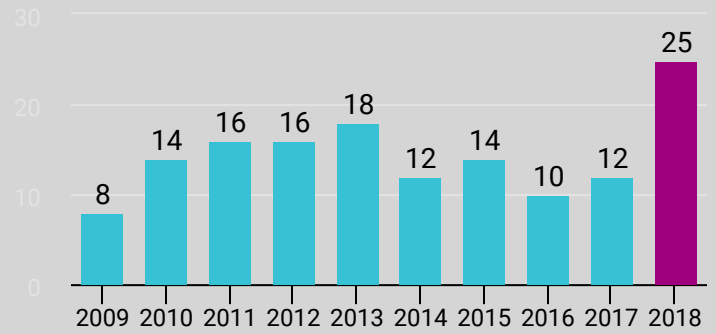


No smoking



No clutter

- Sleep-related deaths are the #2 cause of death for infants in Manitoba
- From 2009 to 2018, there were 145 sleep-related infant deaths in Manitoba
- 2018 had the highest number of sleep-related infant deaths in the last ten years



TOGETHER WE CAN PREVENT SLEEP RELATED DEATHS



BABY SHOULD SLEEP ALONE

Bed-sharing (sleeping on the same surface as your baby) is risky. Bed-sharing increases the risk of suffocation and overlay.

50% of sleep-related infant deaths occurred while bed-sharing. In 36% of bed-sharing cases, there was no safe sleeping surface available for infants in the home, like a crib.



BABY SHOULD SLEEP ON THEIR BACK

Sleeping on their stomach or side increases the risk of re-breathing and suffocation.

39% of infants were placed in an unsafe sleeping position including on their stomach, on their side, and sitting.



NO SMOKING

Smoking while pregnant and after pregnancy increases the risk of sleep-related infant death.

50% of infants who died unexpectedly in their sleep were exposed to smoking, that includes exposure in the womb, second-hand smoking after birth, and smoking residue in the home.



NO CLUTTER

Clutter in the sleep environment, such as blankets, pillows, and toys, increase the risk of suffocation and entrapment.

80% of sleep-related infant deaths had a blanket, 50% had pillows in the sleep environment, and 9% had toys.



LIGHTLY CLOTHED

Infants have a hard time regulating their temperature. Overheating can happen if an infant is swaddled or given multiple blankets. 47% of cases of sleep-related deaths included factors related to overheating such as swaddling, heavy blankets, and a room temperature of over 21 degrees Celsius.



All infants have the right to live and thrive.

Children hold a sacred place in many cultures. Protecting infants and ensuring that they have what they need to live and thrive is everyone's responsibility.

To learn more, read the [Report Summary](#) or the [Full Report](#).
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