

October was SIDS Awareness month

October was SIDS Awareness month. According to the Centers for Disease Control, 3600 infants under the age of 12 months die every year in the United States due to a sleep related death. The majority of these deaths can be prevented with safe sleep environments. To bring attention to the importance of infant sleep safety, the Safe Sleep Committee had a table outside of the Elliot Cafeteria on October 25th during which 28 visitors and staff of the Elliot Hospital became Safe Sleep Ambassadors. This Safe Sleep Ambassador program spreads the word on safe sleep practices and for every one ambassador, four more people in the community are educated about safe sleep for infants.

On October 13th, the Safe Sleep Committee had a table at the Girl Scout Expo where they were able to reach a much younger population to share safe sleep messages. These girls are future babysitters, mothers and aunts of babies, and will enter into those roles well educated on the importance of safe sleep. The table saw over 100 girls within the first hours of the event. The table included



Top row l: Girl Scout Emma Howard...her mom is Lora Howard who is one of our Safe Sleep Committee members of Manchester VNA; top row r: Jen Waranowski; Priscilla Sanborn and Alicia Lussier; girl scouts Alison Chambers, Nicole Consalvo and Kaylan Moulton The final picture is at the expo event l to r: Mandy Kahn (Committee member) Emma Howard (daughter of committee member) and Lora Howard (committee member).



a hands-on simulation activity where participants needed to place an infant doll to sleep in a safe sleep environment. For younger girls, a coloring activity page focused on safe sleep environments was provided and the Safe Sleep Ambassador program was available for older girls.

On September 24th, three employees of the Manchester Visiting Nurses Association (VNA) became Safe Sleep Ambassadors. Having the VNA support safe sleep education to mothers in their home during visits is vital to reinforce education provided in the hospital and to conduct safe sleep

assessments in the home. This is a clear example of wonderful collaboration between departments to support the needs of our patients in a consistent manner. If you, or anyone in your department is interested in learning more about safe sleep for infants, please stop by our display in the Women's and Children's waiting room on the third floor of the main hospital. Different options for safe sleep environments are available, along with a bilingual poster of Do's and Don'ts for safe sleep.