Reducing the Risk of Sudden Unexpected Infant Death

Approximately 3,500 infants die suddenly and unexpectedly each year in the United States. In the past several years, terms describing sudden infant death have become confusing, not only to parents, but to professionals as well. The Centers for Disease Control (CDC) has suggested sudden unexpected infant death (SUID) be used as a broad term to include all sudden infant deaths. Sudden unexpected infant death (SUID) is the death of an infant less than 1 year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious before investigation. Most sudden unexpected infant deaths (SUIDs) are labelled as one of three types of infant deaths:

- **Sudden Infant Death Syndrome (SIDS).** SIDS is described as the sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation. SIDS is the leading cause of death in infants 1-12 months of age.

- **Unknown Cause.** A sudden death of an infant less than 1 year of age that cannot be explained because a thorough investigation was not completed and the cause of death cannot be determined.

- **Accidental Suffocation and Strangulation in Bed (ASSB).** Circumstances of ASSB include: suffocation by soft bedding, overlay (when a person rolls on top of or against a sleeping infant), entrapment (when an infant becomes wedged between two objects) and strangulation (when an infant’s head and neck become caught between crib railings).

Even after thorough investigations are completed it is hard to tell SIDS apart from other sleep-related infant deaths. The risk of sudden unexpected infant death can be reduced by creating a safe sleep environment for infants. Follow these recommendations from the American Academy of Pediatrics and share this
Snack: Homemade Crunchy Apple Chips

INGREDIENTS
4 apples of your choice
2 teaspoons sugar (or equivalent sugar substitute of your choice; optional)
½ Tablespoon cinnamon

INSTRUCTIONS
Preheat oven to 200°F and line 3-4 large baking sheets with parchment paper. Wash and thinly slice apples (use a mandolin if you have one). Spread apple slices in a single layer onto baking sheets and sprinkle with cinnamon and sugar. Bake in the oven for 1 ½ hours, flip the apples over and bake for 1 more hour. Turn the oven off, leaving the apple slices inside for a few more hours or overnight to crisp. Remove and place apple chips into a zip top bag or airtight container for up to 1 week.

Source: http://livingsweetmoments.com/homemade-crunchy-apple-chips-recipe-dehydrator-needed/

Activity: Get moving with these apple-themed games

Apple Relay-Split into 2 even teams, with the first team member balancing an apple on their head. Players race from their team to a pre-designated spot about 20-40 feet away and back to their team, balancing the apple. If the apple falls off, players must stop where they are and replace the apple. When the player gets back to their team, they hand off the apple to the next teammate. The relay continues until all teammates have raced.

Broom relay-Play as above, but use a broom to “sweep” an apple from the team to the pre-designated spot and back.