

Safe Infant Sleep Myth vs. Fact Answer Key

Audience: Facilitators, community trainers, parents, and caregivers

About the game: The statements and responses are included in the Let's Talk - *Safe Infant Sleep* Community Training and Parent Class. For organizations that want to use the game on other platforms, the text below may be copied and used within them. Please see the Let's Talk - *Implementation Guide* for additional resources.

Statement	Answer	Rationale
If a baby is placed on his back to sleep instead of his stomach, he will be more likely to choke.	Myth	Healthy babies tend to swallow or cough up fluids best when they are lying on their backs. They also have a gag reflex to help prevent choking while lying on their backs.
There are things I can do to reduce my baby's risk of sleep-related death.	Fact	There are many steps you and those caring for your baby can take to reduce your infant's risk of sleep-related death.
Immunizations can cause SIDS (sudden infant death syndrome) or the unexpected death of an infant.	Myth	There is no evidence that immunizations cause SIDS or the unexpected death of an infant.
It takes time for a baby to learn to sleep soundly on his or her back.	Fact	Sleeping soundly on the back is learned and parents should not give up. If your baby wakes during the night, remember that lighter sleep and waking more often helps protect your baby against SIDS.
Putting a baby on his or her back will lead to a flat head.	Myth	Putting your baby to sleep on his or her back does not lead to a flat head. If your baby is always left on his or her back while sleeping in a car seat swing chair or a stroller, it could lead to flattening of his or her head. To prevent this, it is important to add supervised tummy time every day!
Smoking anywhere near a baby can increase the risk of sudden unexpected infant death.	Fact	Smoke from any type of cigar or cigarette, including from e-cigarettes or "vapes," contains many ingredients that are harmful to adults and young children.
Babies do not die in cribs.	Myth	Just because your baby is in a crib does not mean the crib is a safe sleep environment. There are things that you can do to make sure your baby's crib and other sleep surfaces are safe.

Statement	Answer	Rationale
I can use a medical device or monitor to prevent my baby from dying unexpectedly in his or her crib.	Myth	Monitors and devices should not be used as a caregiver's main way to prevent SIDS or sleep-related infant death. This can lead to a false sense of comfort. <ul style="list-style-type: none"> • Many devices go against safe sleep guidance • Devices often claim to "prevent" SIDS, but no device has been proven to prevent SIDS.
Babies can nap in car seats, swings, and other places if it is not a recalled product.	Myth	Sitting devices, such as car seats, strollers, swings, infant carriers, and infant slings, are not recommended for routine sleep in the hospital or at home, particularly for infants younger than four months. <ul style="list-style-type: none"> • If your baby falls asleep in a car seat, stroller, swing, carrier, or sling, move the baby to a firm and level safety-approved*sleep surface as soon as possible. • Car seats and related products are not stable on a crib mattress or other elevated surfaces. <p>*The Consumer Product Safety Commission (CPSC) sets safety standards for infant sleep surfaces such as a mattress, and sleep spaces like a crib. www.cpsc.gov/SafeSleep</p>

Sources:

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<https://doi.org/10.14745/ccdr.v46i23a05>

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