

Mother-Infant Sleep Location and Nighttime Feeding Behaviors

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City of Milwaukee Ad Campaign Unveiled November 9, 2011



YOUR BABY SLEEPING WITH YOU
CAN BE JUST AS DANGEROUS.

Babies can die when sleeping in adult beds. Always put your baby to sleep on his back. If a baby is ever found in a crib, call 911 or 202-686-7676.



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"Co-sleeping deaths are the most preventable form of infant death in this community," Barrett said.

"Is it shocking? Is it provocative?" asked Baker, the health commissioner.
"Yes. But what is even more shocking and provocative is that 30 developed and underdeveloped countries have better (infant death) rates than Milwaukee."

FOR TOO MANY BABIES
LAST YEAR, THIS WAS THEIR
FINAL RESTING PLACE.

The safest place is in a crib. City of Milwaukee Health Department, www.milwaukee.gov/safesleep





1:38 p.m. CST, January 3, 2012

One-month-old infant dies in co-sleeping incident

Medical Examiner's report says baby was sleeping on floor with three other children

WITI-TV, MILWAUKEE—

The Milwaukee Medical Examiner reports a one month, 28 day old infant died in a co-sleeping incident on New Year's Eve, while sleeping on two crib mattresses on the floor of a living room with three other children.....

<http://www.fox6now.com/news/witi-20120103-co-sleeping-one-month-old,0,4277315.story>

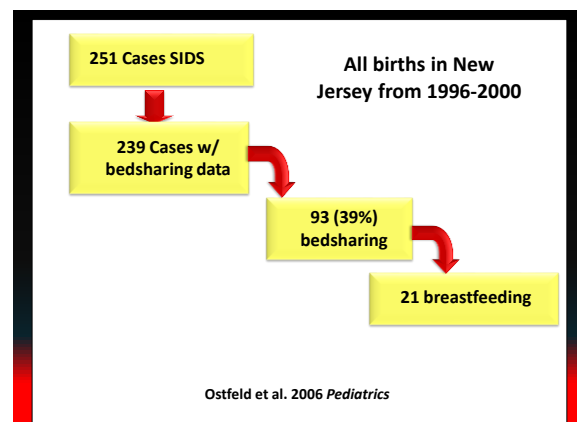
This latest co-sleeping death comes just days after 10-day-old Egypt Holloway died while sleeping in a queen size bed with three other children.

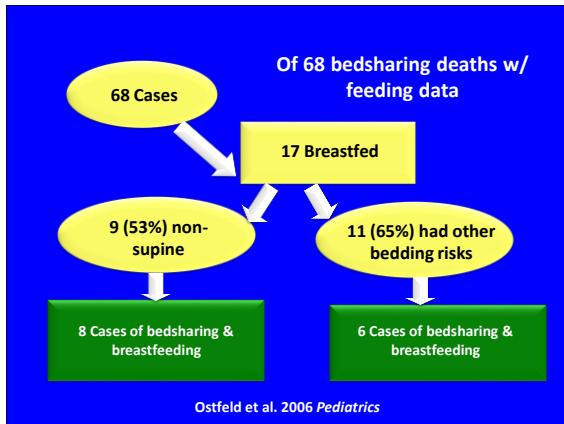
The City of Milwaukee just launched a provocative ad campaign to raise awareness about the dangers of co-sleeping. They advise parents to put their babies, especially those under three months of age, in a crib or bassinet alone, next to the parents' bed.

<http://www.fox6now.com/news/witi-20120103-co-sleeping-one-month-old,0,4277315.story>

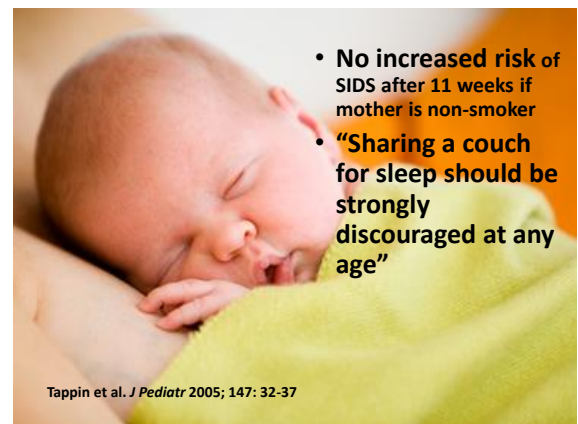
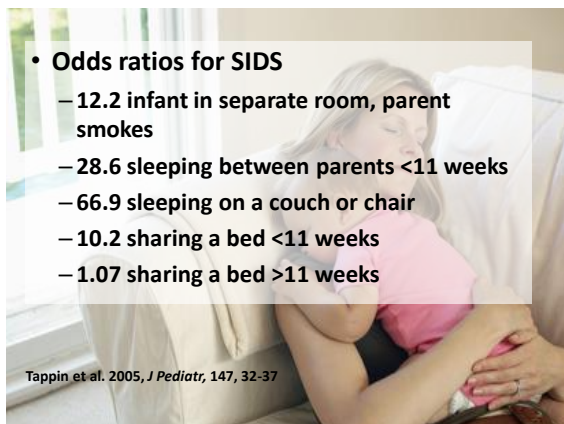
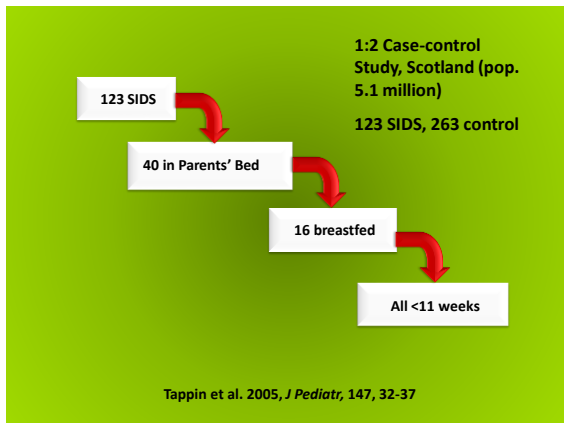
CPSC Warns Against Placing Babies in Adult Beds; Study finds 64 deaths each year from suffocation and strangulation

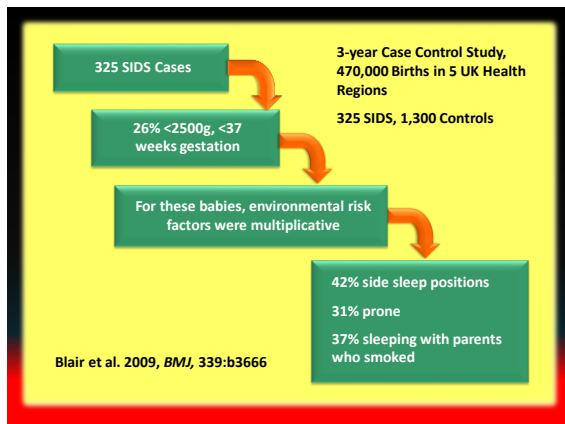
- WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission (CPSC) is warning parents and caregivers about the dangers of placing babies to sleep in adult beds.
-placing babies to sleep in adult beds puts them at risk of suffocation or strangulation.





- Of 93 bedsharing deaths
 - 10 were on a sofa
 - 14 included the presence of another child
 - 17 were near pillows, quilts, fluffy blankets
 - 38 were prone
 - 24 were lateral
 - 55 were not breastfed
 - 30 were low birth weight
 - 69 had a single mother
 - 43 had maternal smoking
 - 7 had no prenatal care

Ostfeld et al. 2006 *Pediatrics*



“No excess risk for bedsharing with non-smoking parents when babies were term and >2500 g”

Blair et al. 2009, *BMJ*, 339, b3666

PEDIATRICS®

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

- *SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment*
 - POLICY STATEMENT
 - TECHNICAL REPORT
- Published November, 2011

• AAP 2011 Policy Statement Level A Recommendations

- Back to sleep for every sleep
- Use a firm sleep surface
- **Room-sharing without bedsharing is recommended**
- Keep soft objects and loose bedding out of the crib
- Pregnant women should receive regular prenatal care
- Avoid smoke exposure during pregnancy and after birth

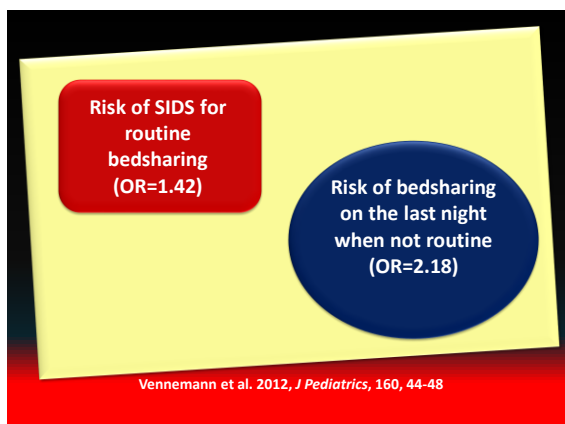
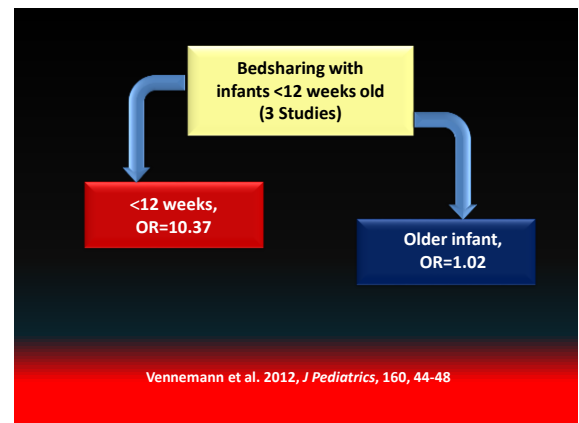
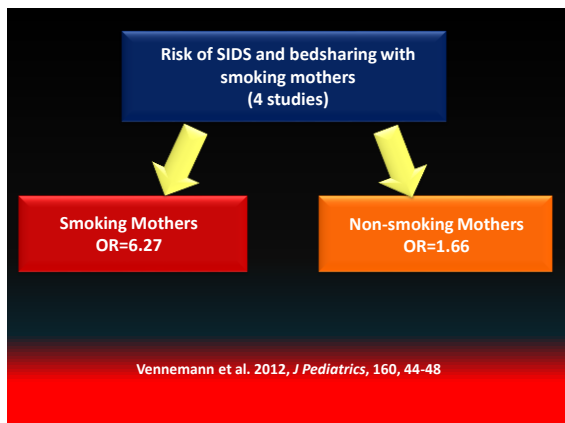
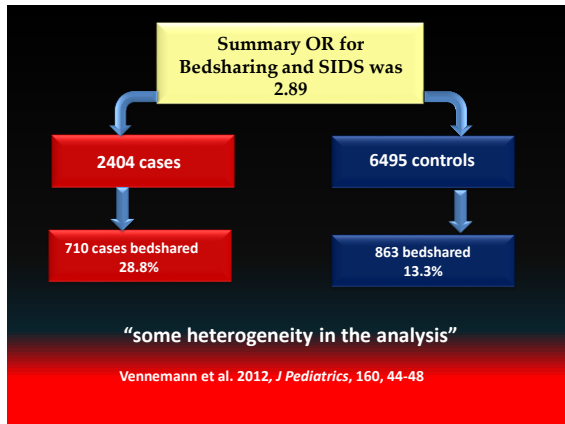
- Avoid alcohol and illicit drug use during pregnancy and after birth
- **Breastfeeding is recommended**
- Consider offering a pacifier at nap time and bedtime
- Avoid overheating
- Do not use home cardiorespiratory monitors as a strategy for reducing the risk of SIDS

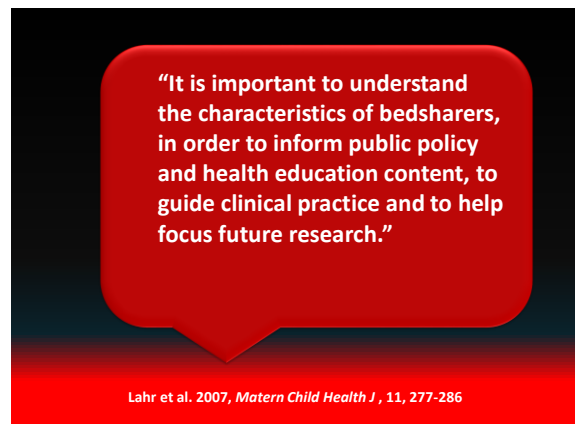
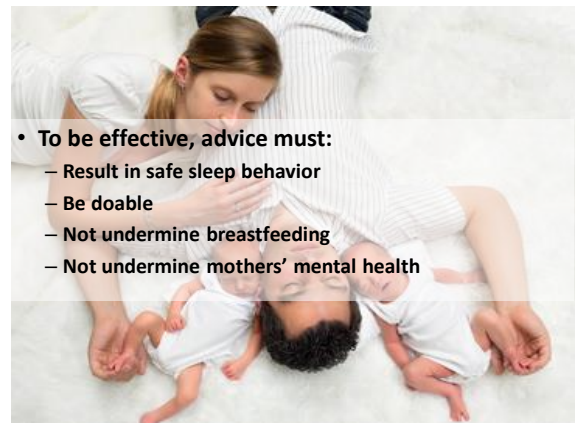
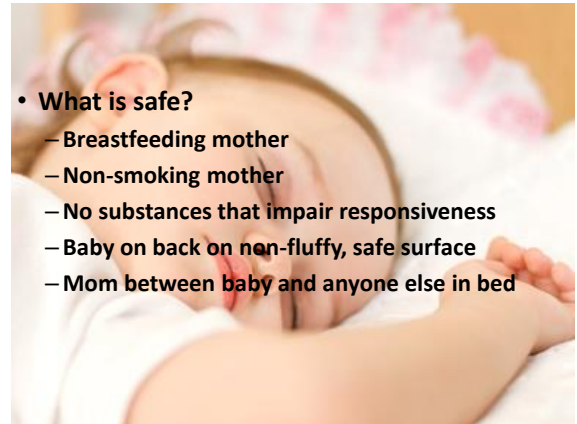
Meta-analysis that AAP cited to make their “no bedsharing” recommendation

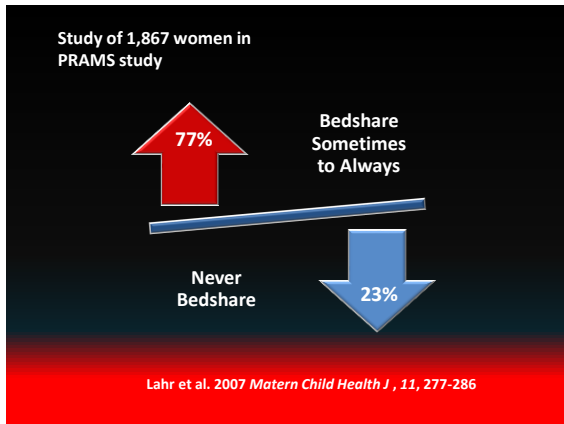
Only studies analyzing bedsharing and risk of SIDS were included

All case-control studies about SIDS & bedsharing considered

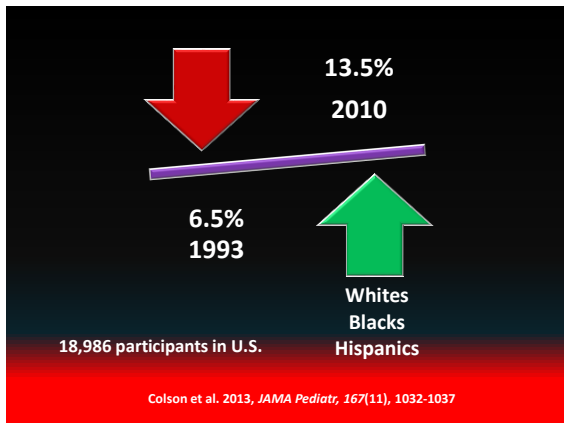
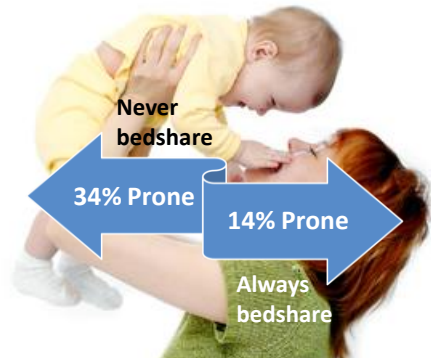
Vennemann et al. 2012 *J Pediatrics*, 160, 44-48







Lahr et al. 2007, *Matern Child Health J*, 11, 277-286



- Online survey of 6,410 mothers with infants aged 0-12 months



- Sample recruited with the assistance of lactation specialists



Average age of mothers
(M=31.16)
Range=13-50 years



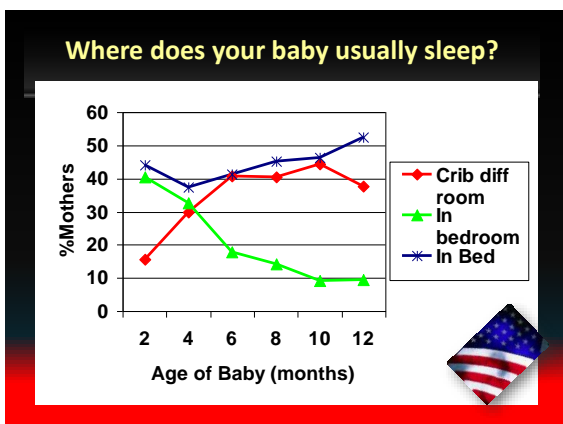
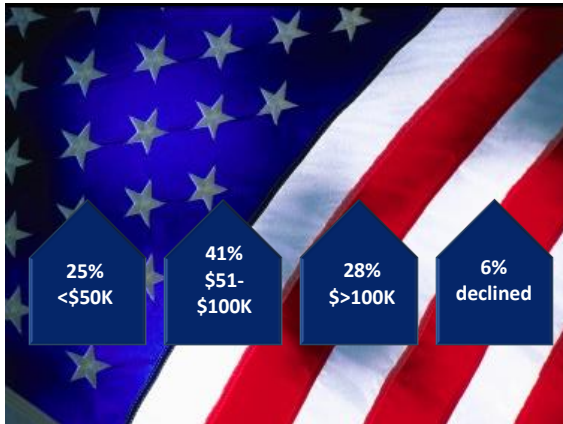
- U.S. Ethnicity
 - 91% White
 - 2.5% Black
 - 1.4% Latina
 - 1.5% Asian
 - 0.6% American Indian



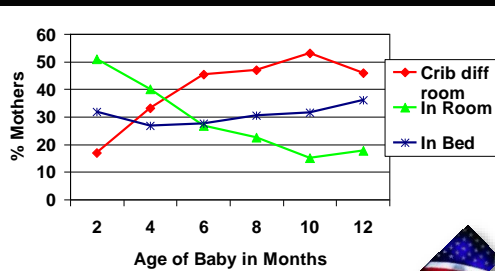
- 93% were married
- 97% were living with a partner



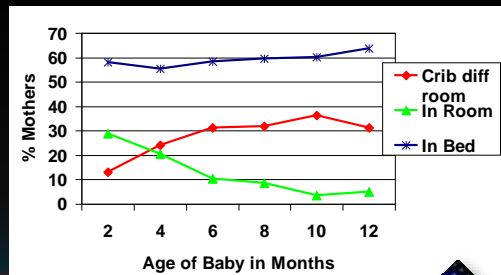
- Highest Level of Education
 - 5% High school
 - 26% Some college
 - 38% Bachelors
 - 24% Masters
 - 8% Doctorate



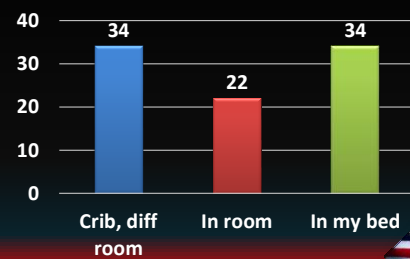
Where does your baby start the night?



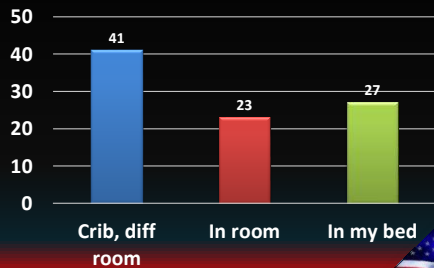
Where does your baby end the night?

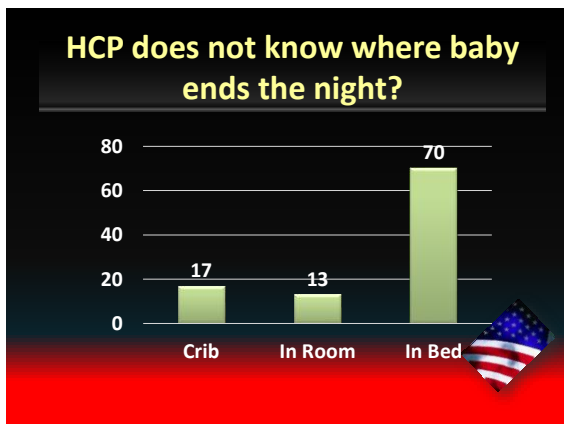
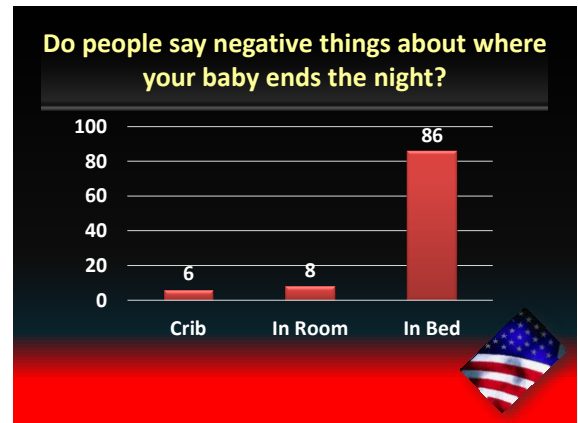
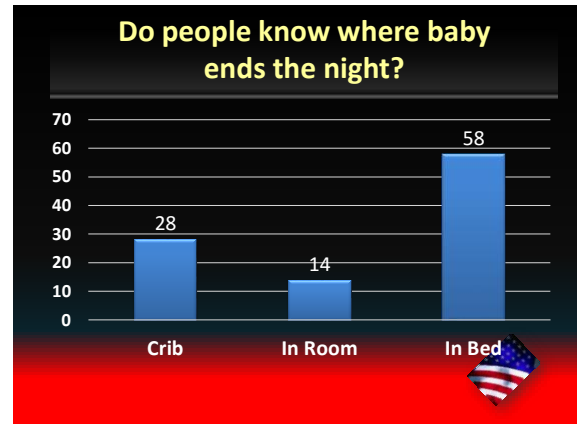


Where do you think babies SHOULD sleep?

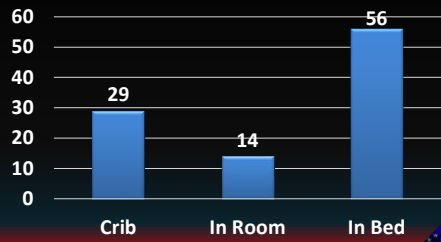


Where does your partner think babies SHOULD sleep?

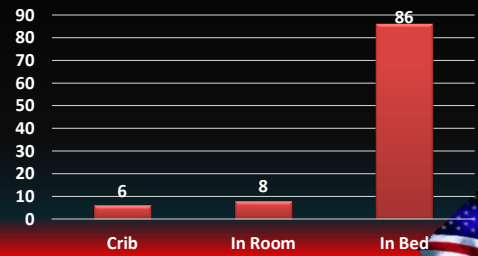




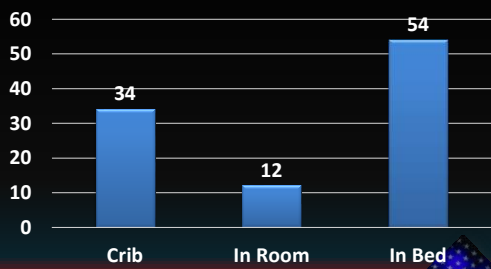
Partner in Bed



Other Children in Bed



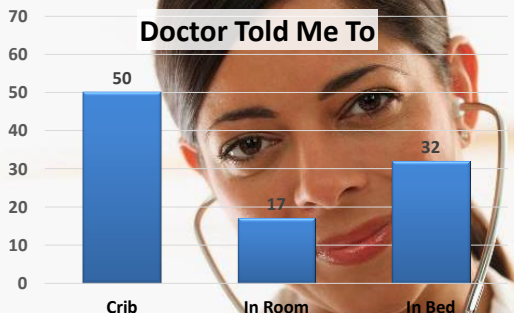
Pets in Bed



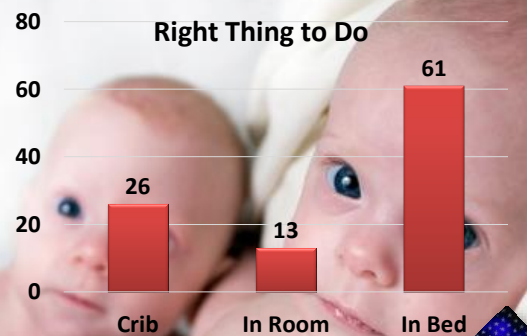
Reasons for Current Sleep Arrangements

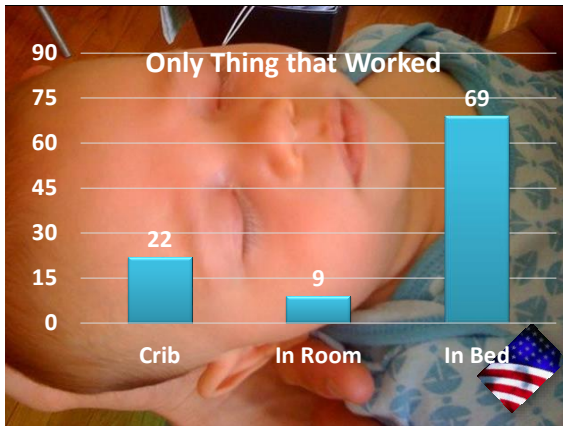


Doctor Told Me To

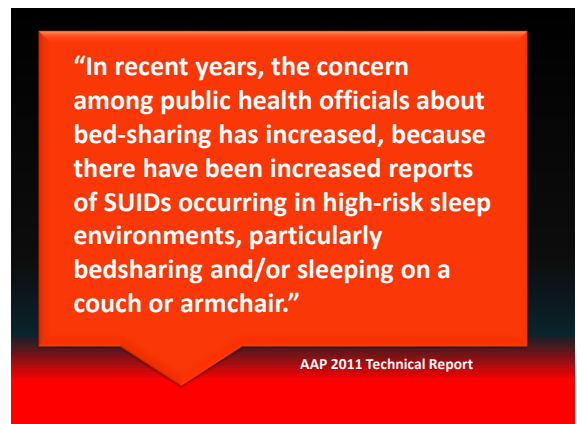
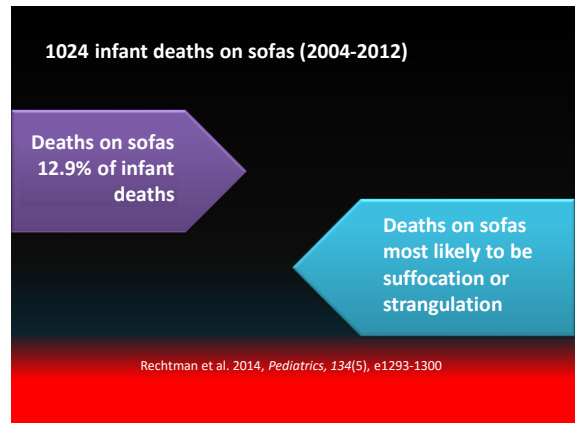
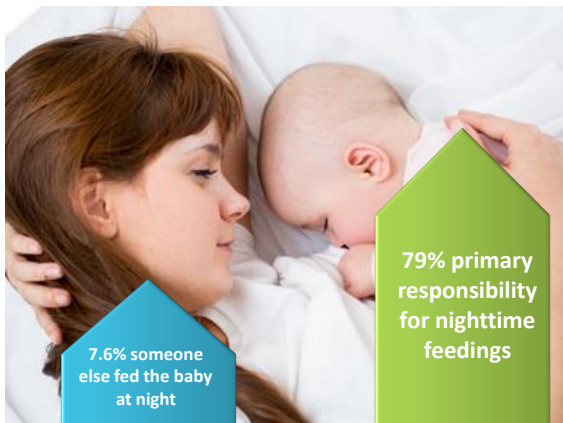


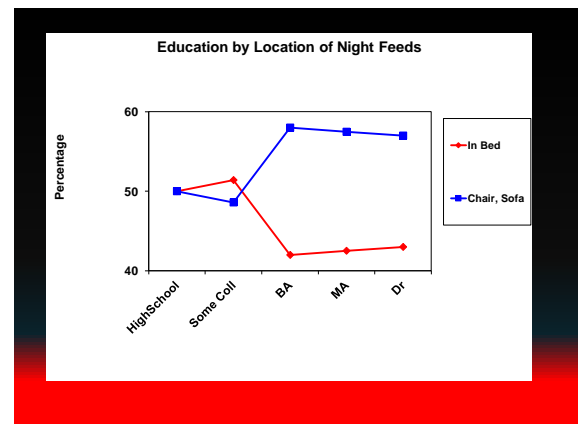
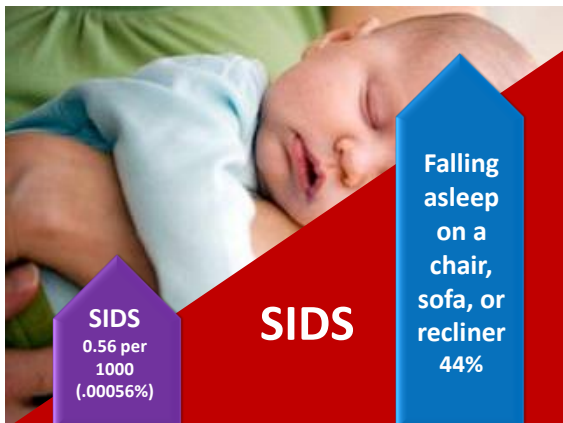
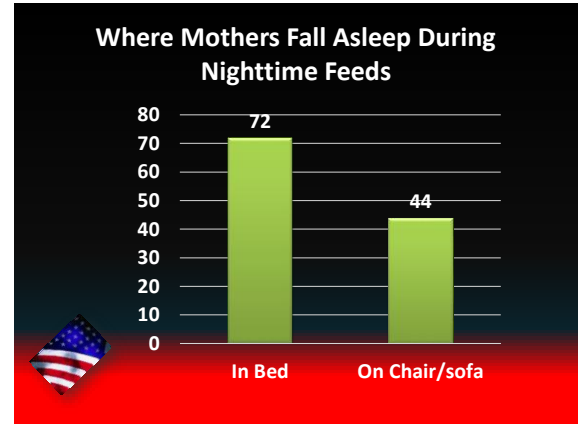
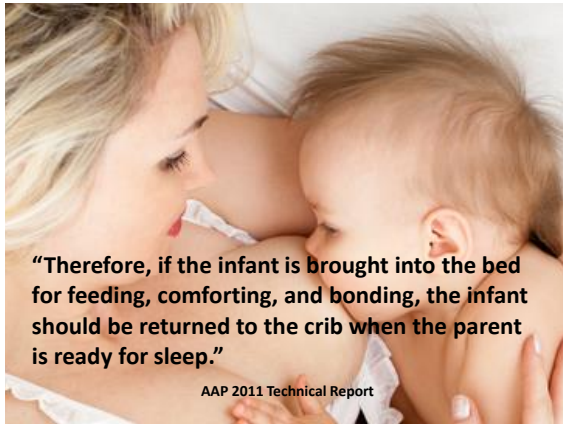
Right Thing to Do

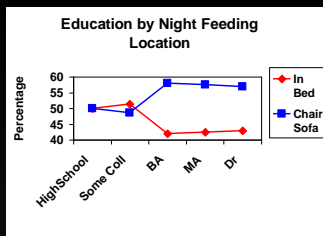




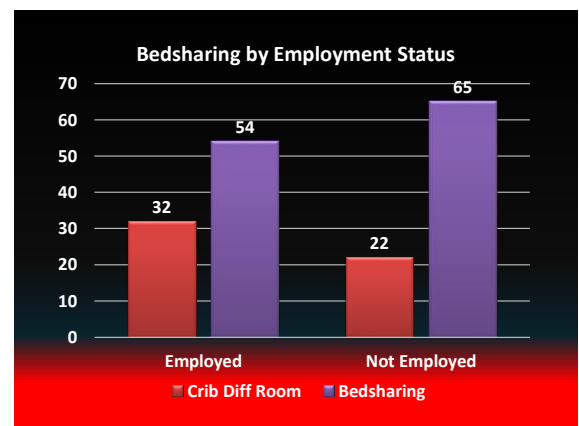
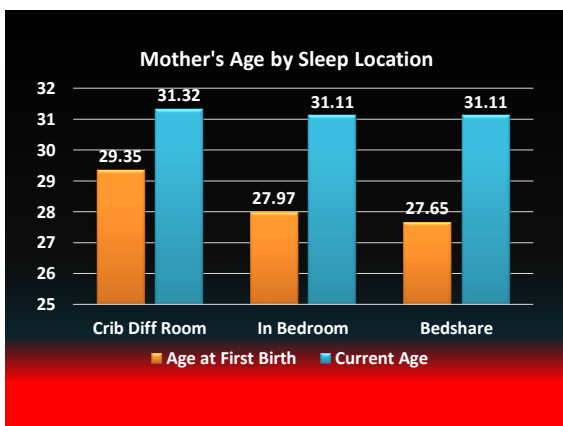
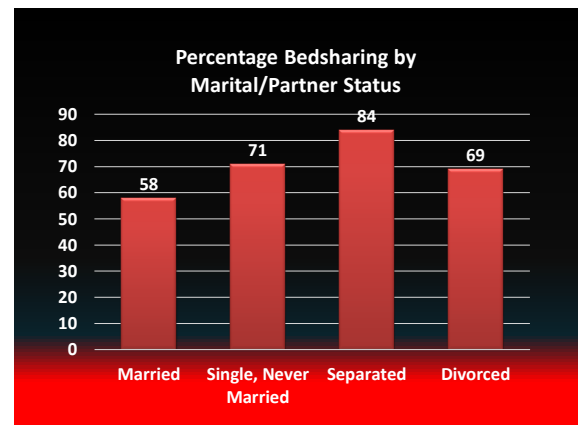
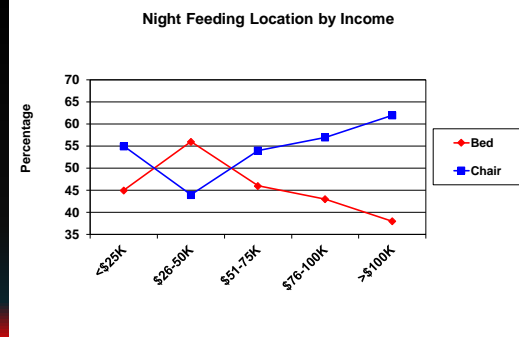
How mothers handle nighttime feedings

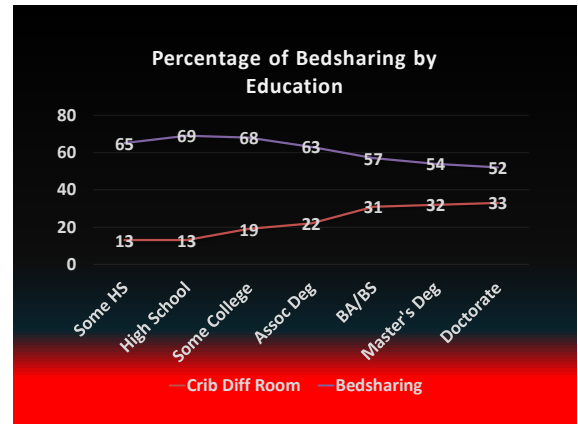
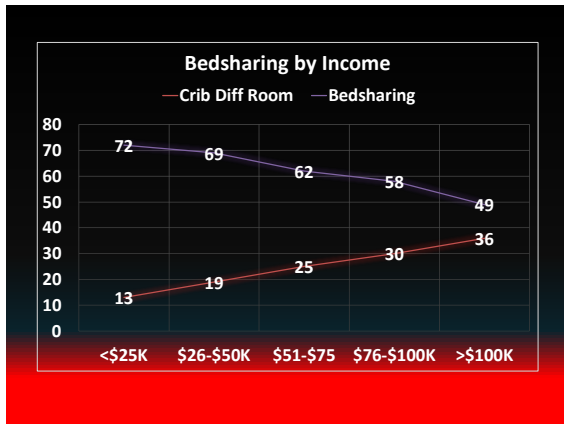






$\chi^2(4)=12.465, p<.014$

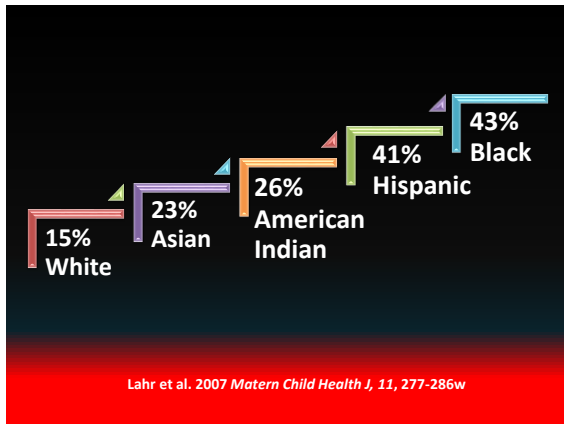


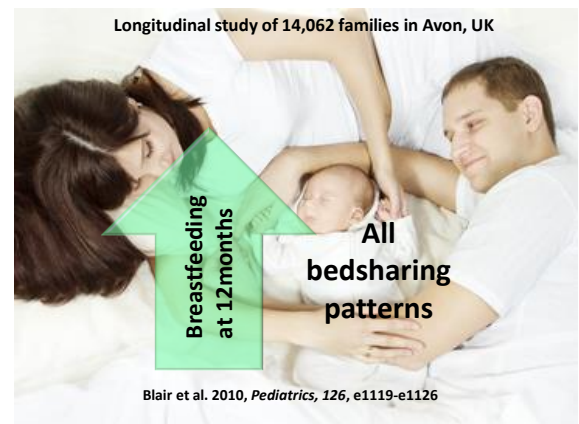
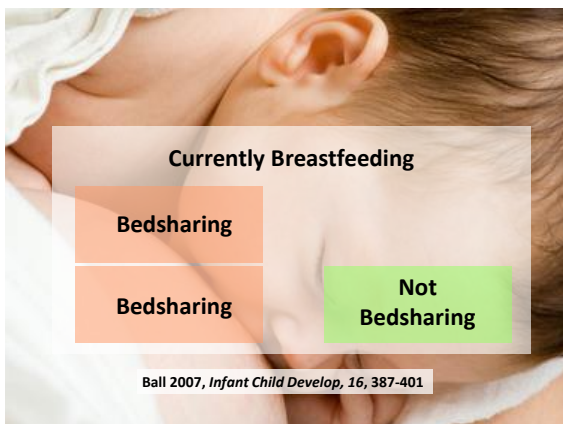
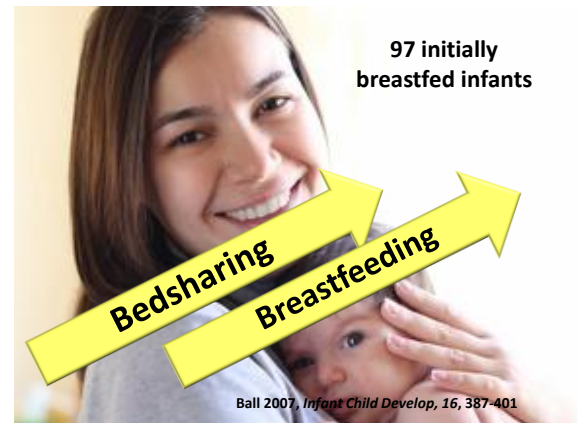
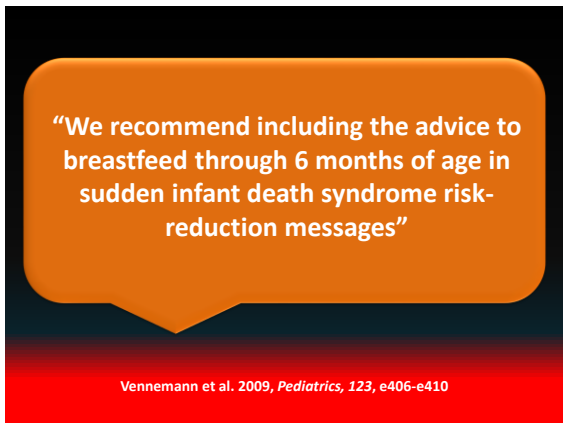
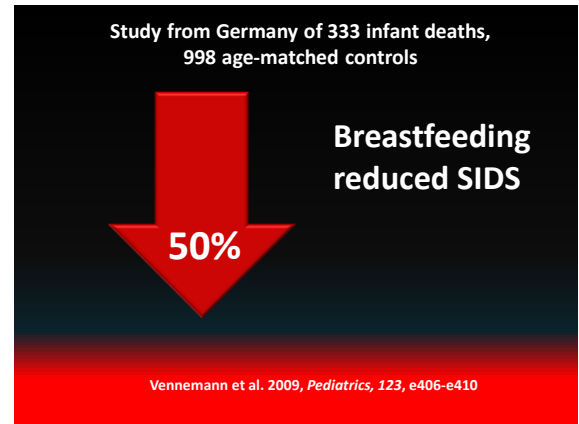


- Washington University pediatrician to lead \$11 million Gates Foundation grant
- Dec. 10, 2007....The grant, awarded to Baltimore-based First Candle.... "Bedtime Basics for Babies" ... distributing cribs to families in need.

- "Babies in poor families tend to share beds, either with parents or other children," Kemp says.
 - "Some parents believe bed sharing somehow protects their baby during sleep. There is no evidence to support this theory. To the contrary, there is much evidence that shows the adult bed, as we know it in the United States, can greatly increase the risk of SIDS and other sleep-related deaths."
- James S. Kemp, M.D.







"Advice on whether bed sharing should be discouraged needs to take into account the important relationship with breastfeeding"

Blair et al. 2010, *Pediatrics*, 126, e1119-e1126

Infant Feeding Practices Study II, 1846 mothers at 1, 7, 9, 10, and 12 months postpartum

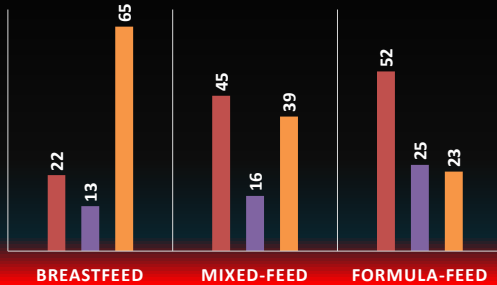
Longer
Bedsharing

Any Breastfeeding

Huang et al. 2013, *JAMA Pediatr*, 167(11), 1038-1044

SLEEP LOCATION BY FEEDING METHOD

■ Crib Diff Room ■ In Bedroom ■ Bedshare



Ethnographic study of 200 mothers

Bedsharing was a "natural result" of frequent nighttime feeding

McKenna & Volpe 2007, *Infant Child Develop*, 16, 359-387

Tired parents must feed their babies someplace at night

Bartick & Smith 2014, *Breastfeeding Med*, 9(9), 417-422

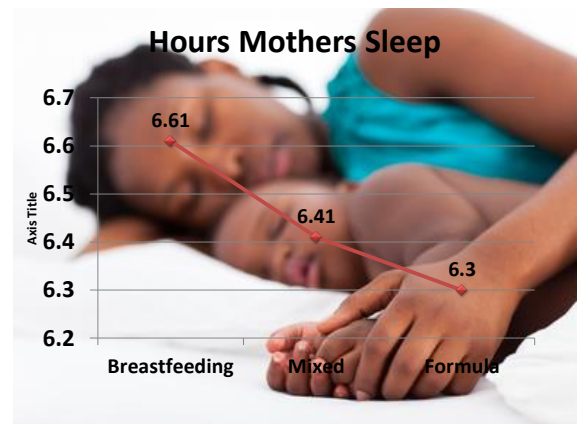
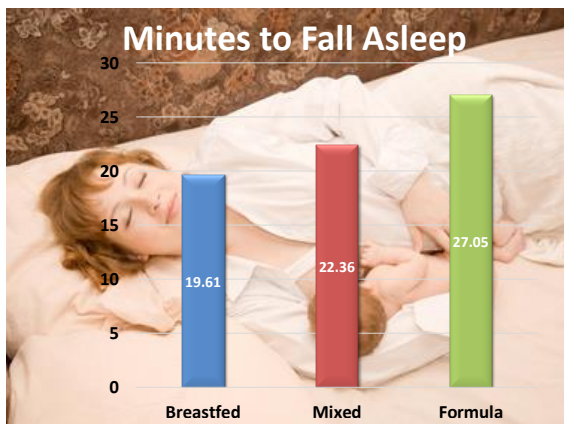
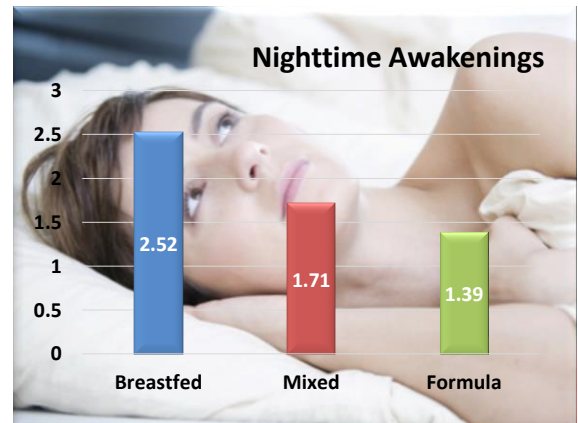
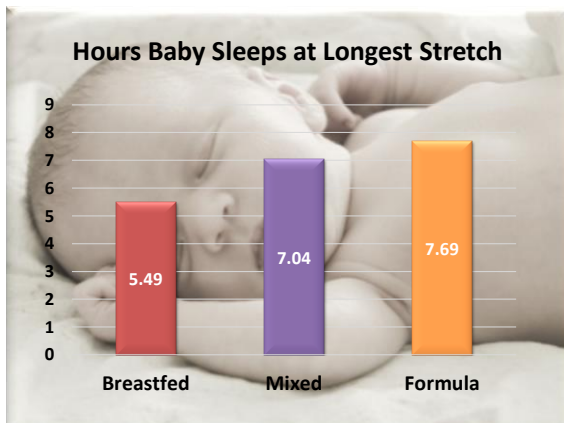
Avoid unintended consequences
Falling breastfeeding rates
Falling asleep in dangerous locations

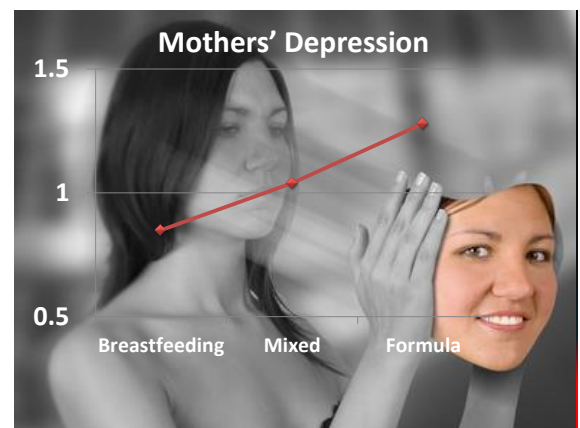
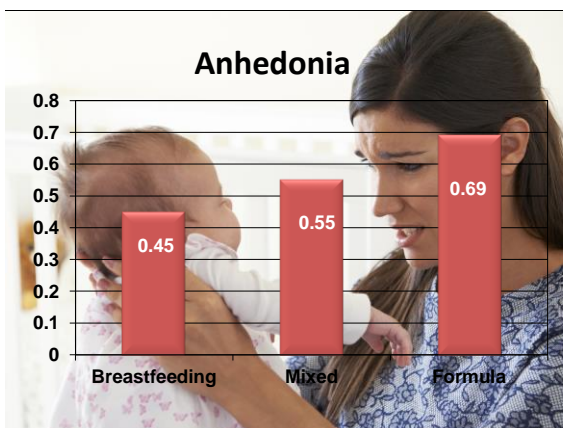
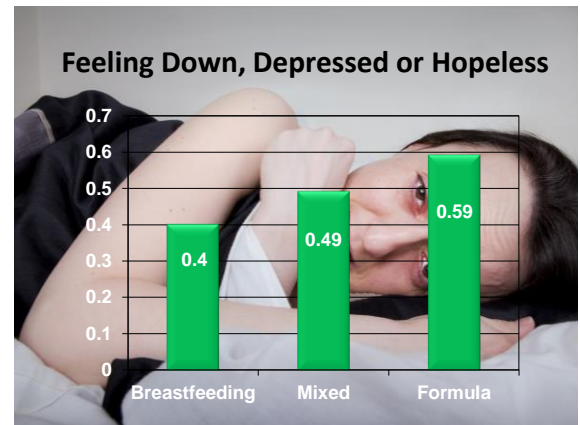
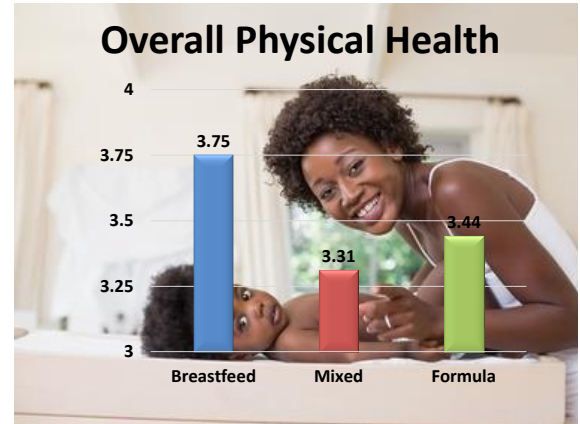
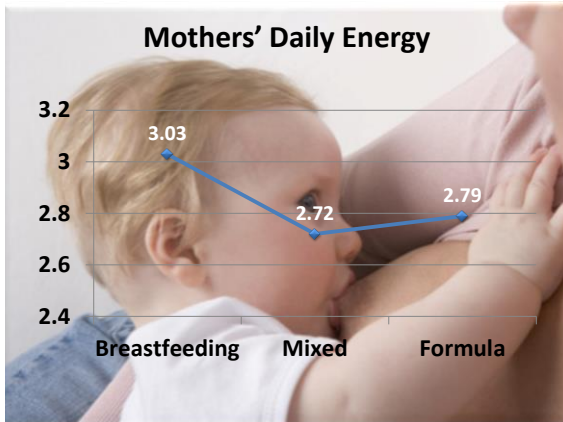
Bartick & Smith, 2014, *Breastfeeding Med*, 9(9), 417-422

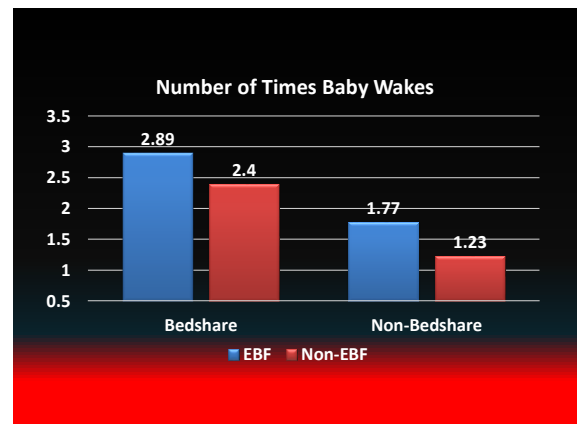
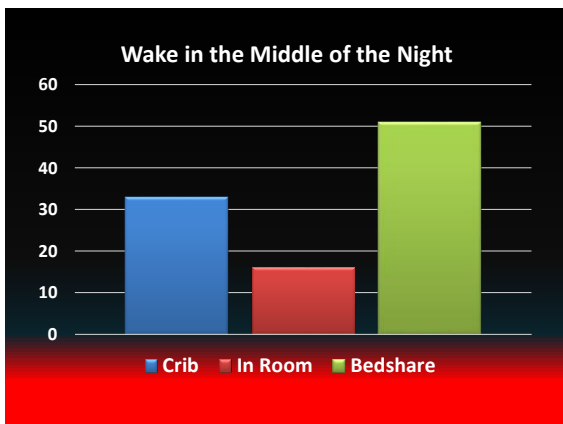
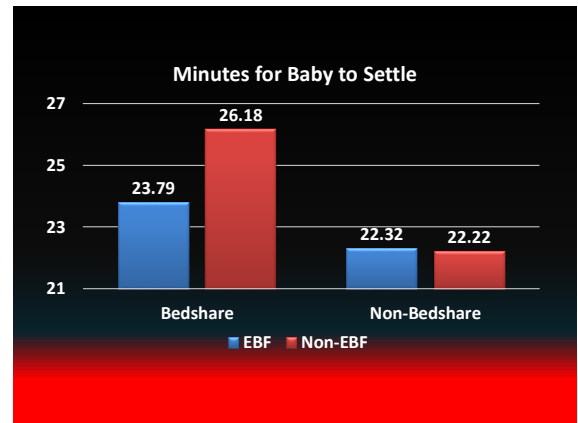
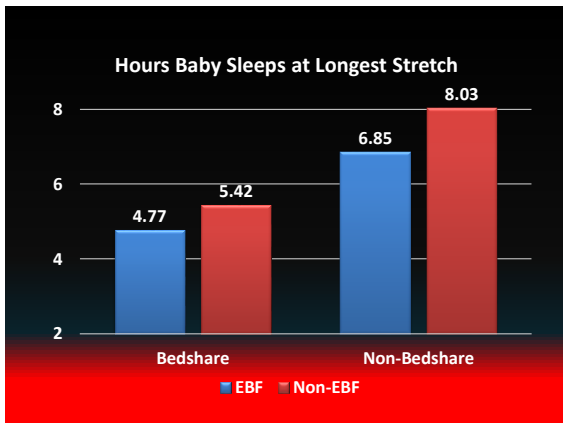
“Advice to never bedshare relies on parents to suppress an overwhelming biological imperative ... [it] is thus unrealistic and unfeasible” (p. 4)

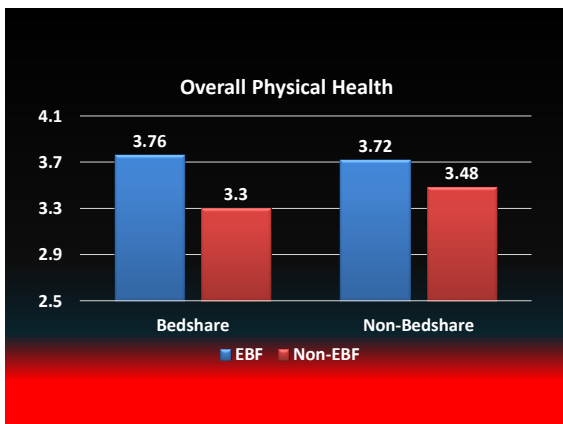
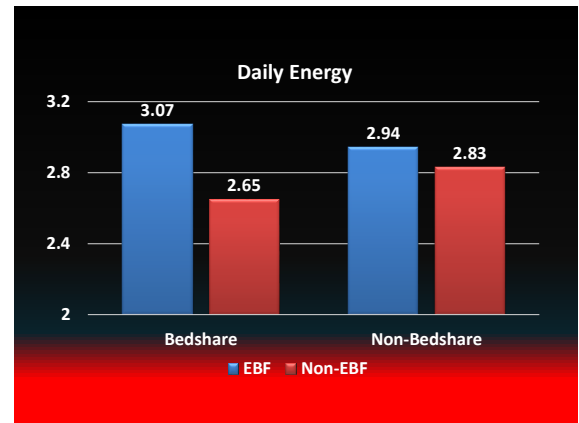
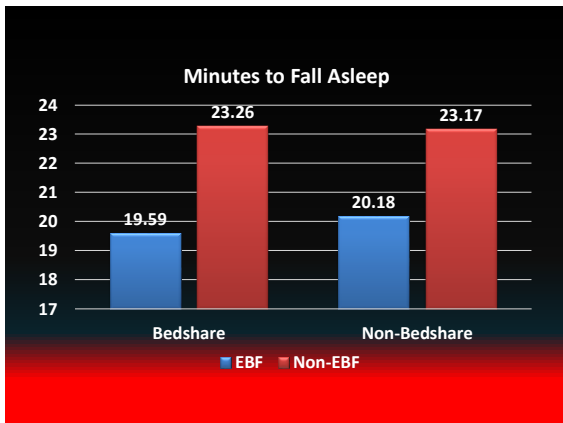
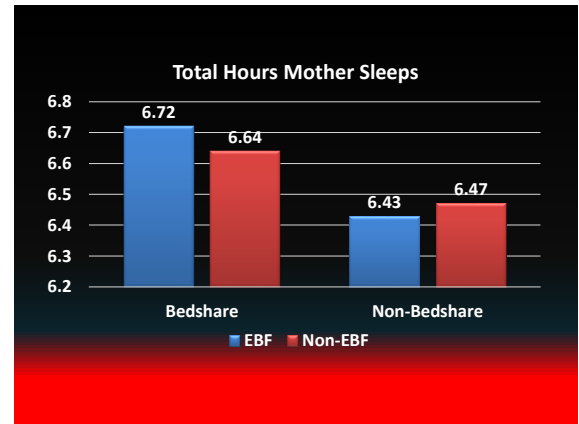
Bartick & Smith 2014, *Breastfeeding Med*, 9(9), 417-422

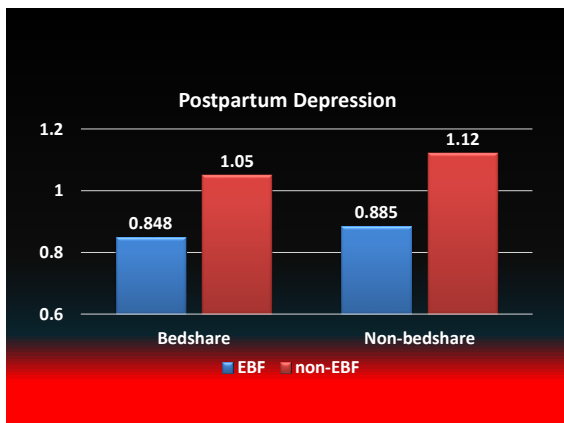
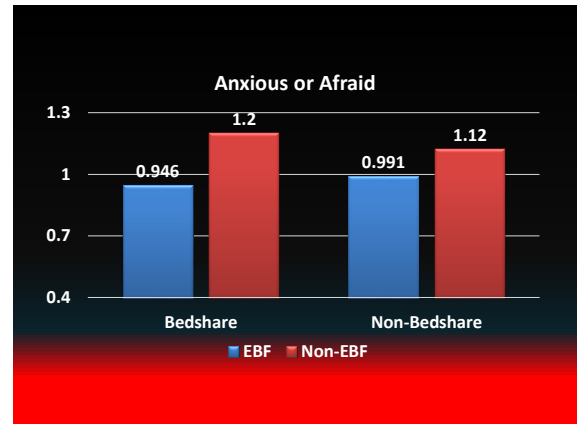
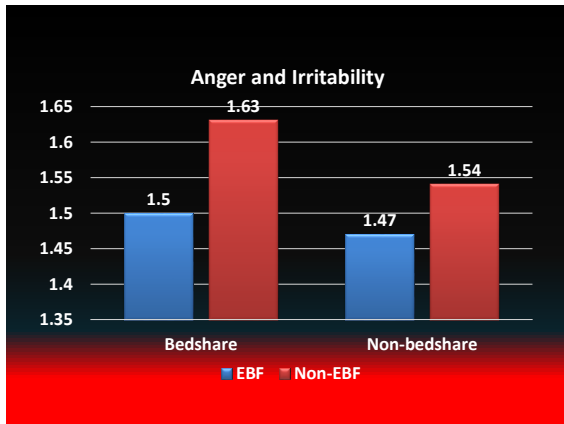
**Do
breastfeeding
mothers get
less sleep?**













Canadian Paediatric Society

- “Based on the available scientific evidence, the Canadian Paediatric Society recommends that for the first year of life, the safest place for babies to sleep is in their own crib, and in the parent’s room for the first six months”
- “However, the Canadian Paediatric Society also acknowledges that some parents will, nonetheless, choose to share a bed with their child.”



Canadian Paediatric Society

- “Physicians should maximize their opportunities to offer supportive, yet medically balanced and evidence-based, advice about sleeping arrangements as an integral part of anticipatory guidance in well-baby care”



- “The recommended practice of independent sleeping will likely continue to be the preferred sleeping arrangement for infants in Canada, but a significant proportion of families will still elect to sleep together”



- “The risk of suffocation and entrapment in adult beds or unsafe cribs will need to be addressed **for both practices** to achieve any reduction in this devastating adverse event”



Support safe sleep practices for all families



Use the least intrusive possible measure while still mitigating the threat

Office of Child Services policy



Angie, *Mothering* 2009; Jan-Feb: 48-49

“Changes that are the least disruptive preserve the integrity of a family and are more likely to be followed”

“Parents can be taught to create a safe sleeping environment. Remove bulky covers, not allowing other children in the bed.”

"Asking mom and dad to stop bedsharing, buy a crib, and change their entire nighttime routine is highly intrusive; A request more likely to be ignored or only appeared to be followed"

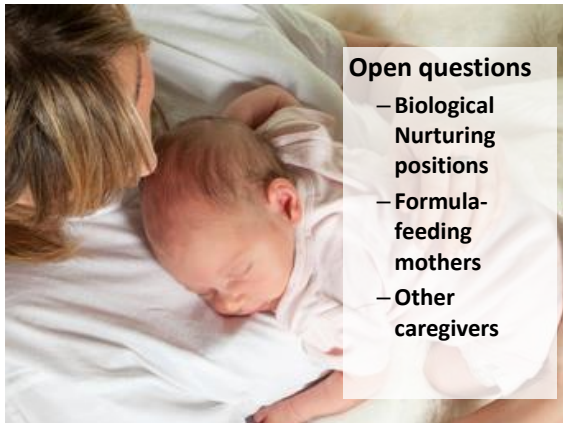
Take away #4

- Advice that compromises breastfeeding should be avoided



Open questions

- Biological Nurturing positions
- Formula-feeding mothers
- Other caregivers



Conclusions

Bedsharing in common and persist even when parents are told not to



Let's help them be as safe as possible



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