

Back to sleep

SOT

Tiffany Waters

OSF HealthCare birthing center charge nurse

"When your infant is on their stomach and unable to roll over, it can create a pocket of carbon dioxide. We all know we want oxygen in and carbon dioxide out. That little pocket can mean your baby is re-breathing the carbon dioxide." (:22)

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OSF HealthCare birthing center charge nurse

"It's easy for a baby to slip down toward the arm of the chair. Or they could get in a position where instead of an open airway, they're hunched over and not allowing for breathing function as it should." (:21)

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"Those are additional suffocation and entrapment risks. They can press up against the baby's face. The baby doesn't have great neck control. They can't move away like older babies can." (:19)

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"It doesn't have to be a super fancy crib or cost a lot of money. It needs to be newer so you know it abides by current recommendations for those slat spacings." (:14)

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OSF HealthCare birthing center charge nurse

"If you dress a baby for warmth, it's one additional layer from what you have on. So if you have a T-shirt on and you're comfortable, maybe a long sleeved sleeper onesie would be appropriate for the baby." (:16)