The “Back to Sleep” Campaign has been successful. SIDS has declined by more than 50%. Many caregivers have been informed of the importance of supine sleeping (AAP, 2005).

Unintended consequences- Reports of motor skill delays and an increased incidence of positional plagiocephaly and torticollis in infants.

Why? Parents are limiting time spent prone during waking hours. In one study, the majority of infants slept on their backs, but spent a limited time on the stomachs while awake, due to fear of SIDS (Davis, Moon, Sachs, & Ottolini, 1998).

Increased prone playtime has been significantly associated with earlier attainment of the following milestones:

1) Supported sitting
2) Sitting alone
3) Crawling
4) Pulling to stand

(Mildred et al., 1995; Monson, Deitz, & Kartin, 2003)
In 2003, the AAP provided non-specific guidelines to prevent cranial asymmetry.

“Infants should receive some tummy time daily and spend minimal time in car seats or other seating that maintains supine positioning” (Persing, James, Swanson, & Kattwinkel, 2003, p. 201).

Tips: ________________________________________________________________
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Take Away: Professionals (especially occupational therapists!) need to stress all of the details of the “Back to Sleep” campaign to parents before they leave the hospital and at the first several pediatrician visits.

Notes______________________________________________________________________________________________________________
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