

Infant Safe Sleep Spaces Following Free Portable Crib Provision

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Received Aug. 21, 2024; Accepted for publication Aug. 26, 2024; Published online Aug. 27, 2024

<https://doi.org/10.17161/kjmvoll7.22707>

Introduction. Sudden infant death syndrome (SIDS) remains a leading cause of infant death in the United States, even after implementation of safe sleep recommendations in the 1990s. The objective of this study is to better understand parental implementation of safe sleep recommendations after receiving a free crib. Previous investigation by this team using structured interviews with 11 parents who received a free portable crib revealed parents could recall detailed safe sleep counseling but described habits not consistent with recommendations.

Methods. Parents were invited to participate in a videotaped evaluation of the sleep space via direct observation using a structured checklist, which was created by adaptation from the AAP Safe Sleep Recommendations with input from content experts. Team members separately viewed video recordings and completed checklists for each sleep space; then checklist results were compared.

Results. Results were obtained from five sleep spaces, which all consisted of a firm and flat safety-approved crib. Consistent with recommendations, 4/5 sleep spaces were in the same room and next to where the parent(s) sleep. The majority (3/5) of sleep spaces had a blanket or pillow in the sleep area, which is explicitly prohibited by recommendations; two participants reported the pillow or blanket is removed when the infant uses the sleep space. This study was limited by only 5/11 (45%) participants agreeing to a visual assessment of the sleep space and that sleep spaces were observed without the infant present.

Conclusions. Further research is necessary to overcome the disconnect between safe sleep knowledge and practice.

This work was supported by the Children's Miracle Network and the University of Kansas Medical Center Department of Pediatrics Summer Scholarship.