

# Informative speech on sides essay sample



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## I. Introduction

A. Any of you know babies under 1yr/younger placed its tummy when sleeping can very dangerous. In fact, when happens, 1 in 5 babies dies & increases risk of SIDS. B. Sudden Infant Death Syndrome, condition when infant 1 yr/younger stops breathing & dies without apparent cause C.

According to Centers of Disease Control and Prevention-leading cause of death infants of 1 to 12 months & third leading cause overall of infant mortalit in US

D. overall rate of SIDS in U. S. has declined by more than 50% since 1990, can happen if pple do not inform about ways to prevent them

Therefore, will inform about safe sleep practices & safe sleep environments, that can help reduce babies dying from SIDS II. Body

E. First, American Academy of Pediatrics, aka: AAP recommended safe and easy sleep practices anyone can follow i. First, important always place sleeping babies on backs during naps & nighttime a. babies under 1 yr/younger, always be placed on their backs b. babies older than 1, & roll side/stomach themselves cab be left alone ii. Another safe sleep practice AAP recommends is avoid baby getting too hot c. room baby sleeps should be comfortable room temperature may be too hot if baby starts to sweat or chest too hot d. In fact, babies be dressed no more 1 extra layer you would wear iii. Also, consider giving pacifier to baby when asleep e. pacifier not have any cords may cause strangulation f. okay if baby doesn't want to use pacifier

can try offering pacifier again. If baby takes pacifier & falls out after falls asleep, don't have put it back g. According to BMJ. com, De-Kun Li, a

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research scientist & other scientists conducted research of 312 infants in 11 counties in CA test if pacifier during sleep reduced SIDS Researchers interviewed 185 mothers whose babies died of SIDS After, researchers gathered interviews & data research concluded use of pacifier reduce the risk of SIDS & reduce influence of known risk factors in the sleep environment iv. Practicing ↑ safe sleeping patterns explained important, however, where baby sleeps is as important

F. AAP also recommended easy & safe sleeping environment guidelines, like the following v. baby be placed firm mattress/surface

h. mattress that comes w/crib/bassinet be covered w/fitted sheet

Blankets/pillows not be put between mattress & fitted sheet i. crib is broken, missing parts, or drop-side rails not be used j. Babies not be put sleep on

chair, sofa, water bed, cushion, or sheepskin. k. more information safety

regulations for baby cribs, bassinets, play yard, can visit Consumer Product Safety Commission Website @ [www.cpsc.gov](http://www.cpsc.gov) vi. Soft objects, loose

bedding, any objects not be placed in crib w/baby l. Things- toys, soft

bedding, fluffy blankets, pillows, stuffed animals, bumper pads, & wedges cause suffocation, entrapment, strangulation. vii. important not put babies

sleep in adult beds

m. Babies sleep same bed as parents are higher risk of SIDS, suffocation, or strangulation Parents can roll onto babies during sleep or babies get tangled sheets/blankets n. Babies sleep in same room; however, babies put in a

crib/bassinet within arms reach of adults' bed viii. American Academy of

Pediatrics highly recommends placing babies smoke free areas o. Aside sleep position, smoke exposure largest contributing risk factor for SIDS p.

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Estimated that 1/3 of SIDS deaths be prevented if all smoking eliminated ix. Some of these steps prevent baby if SIDS may be difficult to follow, bt if done, can save many lives. III. Conclusion

G. now every one of you have better knowledge about ways prevent Sudden Infant Death Syndrome from safe sleeping practices to safe sleeping environments all can help reduce ur baby or any baby’s risk dying from SIDS.

H. addition, spread the word & inform who care for babies, child care providers, babysitters, family, & friends help reduce SIDS.