

Back to sleep saves lives

October is Sudden Infant Death Syndrome Awareness Month, and Safe Kids Kansas urges parents and caregivers to remember the phrase "back to sleep." Babies need to sleep on their backs, face up, to minimize the risk of Sudden Infant Death Syndrome.

The syndrome is still not fully understood, but it is estimated that more than 67 percent of sleep related deaths occur in unsafe sleep environments. Soft bedding and mattresses have also been linked to more than 100 cases of fatal suffocation in laypersons since 1988.

"Babies need to sleep alone, be placed on their back and in a crib," said Cherie Sage, State Director for Safe Kids Kansas. "The phrase 'back to sleep' has saved hundreds of lives. Within 10 years after public health professionals started teaching new parents to lie a baby on his or her back to sleep, the death rate was cut in half."

Most infant suffocation happens in a crib or bed. Babies can suffocate when their faces become wedged against or buried in a mattress, pillow, infant cushion or other soft bedding or when someone in the same bed rolls over onto them.

"It's tempting to hold your baby in bed with you," said Sage. "It's risky to share a bed or sofa with a baby, especially if you're tired, you've been drinking alcohol or you're

taking medication."

The American Academy of Pediatrics announced findings in 2005 concluding that the safest place for a baby to sleep is in the same room as a parent, but in a separate crib near the parents' bed. Sleeping with a baby on a sofa or chair is especially discouraged.

The organization also found a higher risk of death in babies with a high body temperature and recommends that the air temperature in the nursery should be "comfortable for a lightly clothed adult" and the baby should not be overdressed. Also, there is evidence of a higher risk of death in babies who are exposed to secondhand smoke.

Based on the academy's report, Safe Kids Kansas also recommends the following safe sleep guidelines:

The sleeping surface should be a firm crib mattress and should not have pillows, quilts or stuffed animals on it. For warmth, use infant sleep wear or crib-sized blankets tucked under the mattress so they do not reach above the baby's chest; do not use adult-sized blankets.

Offer a clean pacifier to the baby at bedtime, but do not put it back in if it falls out of the baby's mouth. There is evidence that pacifiers help protect sleeping babies from SIDS, though pediatricians don't know why.

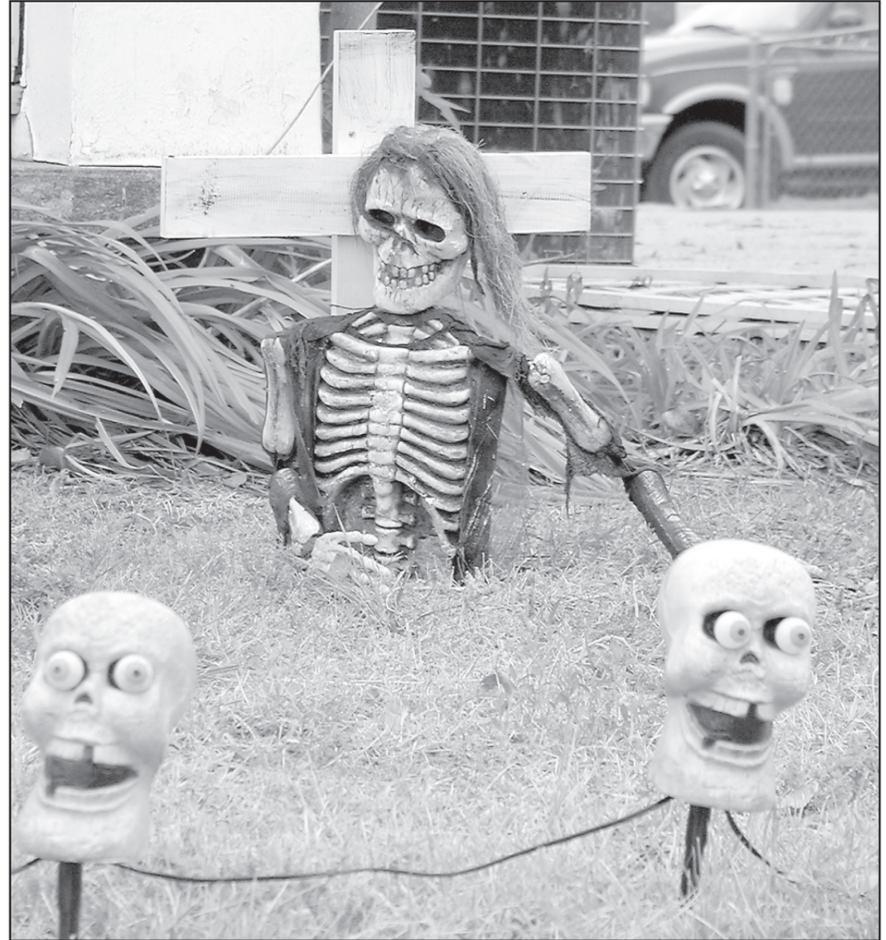
Crib bumpers are not necessary, but if used, they should be firm, thin and securely tied to the crib.

Do not rely on any consumer products or medical devices to prevent death. No such product has been shown to be effective, and some are unsafe.

To prevent the baby's head from developing a flat spot in back, allow plenty of "tummy time" for the baby while awake and constantly supervised. Don't leave a baby in a carrier or bouncer to sleep.

Unaccustomed sleep position is also an issue. The academy states parents and child care providers need to be aware that infants who are normally placed to sleep on their backs, who are then placed to sleep on their stomachs to sleep, are as much as 18 times more likely to die. Infants who are regularly placed to sleep on their stomachs have a five times greater risk of dying of Sudden Infant Death Syndrome. Talk to everyone who provides care to your infant, and make it a rule that they should always be placed on their back to sleep. This important conversation needs to take place before the very first day the child is cared for by the relative, babysitter, or child care provider and should be reinforced by both the parent and other providers. You can find more information about safe sleep in child care at www.safekidskansas.org/

Scary faces and spooky places



Halloween is fast approaching and several homes around Norton are decorated for "All Hallows Eve". This ghastly creature escapes from its grave on south State Street. The home is the first original funeral home of Norton so it is fitting that there is also a Haunted Funeral Home sign posted in the front yard.

— Telegram photo by Dana Paxton

Client assessment training offered Wednesday

Training for new Client Assessment, Referral and Evaluation assessors in northwest Kansas will be held on Wednesday, Oct. 19 in Hays at the Kansas Highway Patrol Office at 1821 Frontier Road. Registration for the training will begin at 8:30 a.m. and the training will conclude at 4:30 p.m.

Anyone seeking nursing facility placement must have an assessment, as required by Kansas

law. The Kansas Department on Aging, in cooperation with the Area Agencies on Aging, provides assessment services, which must be conducted by a qualified assessor. A qualified assessor must attend the training session and have a Bachelor's degree in gerontology, social work, counseling, human development, health or other related area, or be a registered nurse licensed to practice in the state of Kansas.

New assessors are required to attend the full six-hour training. Nursing facility assessors are not required to attend the full training because they are not allowed to complete the full assessment. The morning session from 8:30 a.m. to noon will cover this process and information.

The Northwest Kansas Area Agency on Aging and the Kansas Department on Aging offer this training twice a year for the

program. There is no cost for the training and six continuing education units are available. For more information or to register for the training, contact Tammy Gerhardt at 1800-432-7422 or 785-625-2037.

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Keeping you informed on the community's happenings.
785-877-3361

GOING INTO BUSINESS

A Free Seminar for You!

If you are going into business or just now thinking about pursuing the American Dream, plan now to attend this information-packed seminar.

Going Into Business
Tuesday, October 18
6 p.m. – 9 p.m.

Rooftops Restaurant & Bar – Meeting Room – 6th Floor
 1200 Main – Hays | Light refreshments will be served.

Knowledgeable and experienced professionals will cover key components you should know about small business start-up:

- First-hand Experience – Brad Basgall, Basgall Tank Service
- The Business Plan – Ron Newman, Small Business Development Center
- Accounting – Galen Pfeifer, Adams, Brown, Beran & Ball Accounting
- SBA Lending – Pat Carney, Small Business Administration
- How To Talk To Your Banker – Monte Keller, Midwest Community Bank
- Legal Entities – Kay Brin, Brin Law
- Insurance – Mark Lowry, Heritage Insurance Group, Inc.
- Real Estate – Lynn Klein, Advanced Realty

Please RSVP by October 14 by calling 785-737-2102 or email fhilgers@mwcb.com

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