

AMERICAN ACADEMY OF PEDIATRICS
 SAFE SLEEP GUIDELINES DNR
 ELISE WALKER, PRODUCER
 10-11-16
 SCRIPT V.1

VISUALS	AUDIO
	<p>VOICEOVER Each year in the United States, approximately 3,500 infants die from sleep-related deaths. In hopes of reducing that number, the American Academy of Pediatrics has just released its latest safe sleep recommendations.</p>
<p>Super: Dr. Rachel Moon, Professor of Pediatrics University of Virginia School of Medicine</p>	<p>Dr. Rachel Moon “The safest place for a baby to sleep is a crib or a basinet or a playpen – something that is separate from where the parent is sleeping and the only thing that should be in the bed is a tight fitting mattress with a tight fitting sheet and the baby – nothing else. There should be no bumper pads, no pillows, no blankets, no stuffed animals – just the crib, the mattress and the baby.”</p>
	<p>VOICEOVER Dr. Sam and Maura Hanke (pronounced More-uh) know too well the tragedy of losing a baby to Sudden Infant Death Syndrome, or SIDS when six years ago Sam and their newborn son Charlie were napping together on the sofa.</p>
<p>Super: Maura Hanke Mother</p>	<p>Maura Hanke “The one time he wasn’t in his crib was that horrible night.”</p>
	<p>VOICEOVER The risk of SIDS is five times higher if a baby is placed on any soft or squishy surface such as couches, pillows or blankets. Doing so can create an air pocket making it difficult for the baby to breath. Bed sharing also increases the chance of SIDs.</p>
	<p>Dr. Rachel Moon We know that bringing the baby into bed with you surrounding the baby with soft bedding so the baby doesn’t fall onto a hard surface – all of these things that parents think are going to keep their babies safe in reality make it more dangerous for their baby.”</p>
	<p>Maura Hanke “The image of putting a baby to sleep in an empty crib – they think feels cold and harsh, but in reality it’s very safe. It’s the best thing you can do for your baby.”</p>
<p>Super: Sam Hanke Father & Pediatrician</p>	<p>Dr. Sam Hanke “As a parent and as a pediatrician I did what I thought was best for my child. I didn’t think that SIDS could happen to me, but it did happen to me and it can happen to anyone. That’s why it’s so</p>

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	important to follow these recommendations for <u>each and every sleep</u> - at nap time and at night time.”
	VOICEOVER I’m Jack Trammell.