



Anders

PAUL JUNGLING

1-30-2018 TO 1-12-2019

SAFE
K:DS
GRAND FORKS

SAFE
K:DS
FARGO—
MOORHEAD

SAFE
K:DS
BISMARCK—
MANDAN

SAFE
K:DS
MINOT

"Bye Buddy!" Those were the last words I ever said to my eleven and a half month old son, Anders. He smiled back with a sweet sleepy smile. I had just dropped him off at daycare with his twin sister, Linnea. She was all wiggles and wide awake. Their provider had already taken her out of her car seat when I said goodbye. I assumed Anders was next, as always. I was wrong.

A couple of hours later, while at work, I got a call from a police officer. He told me that something had happened to my son at daycare. He asked if I was sitting down and told me it was really bad, but didn't elaborate. An officer picked me up at work and drove me to the hospital. I had no idea what had happened and figured he must have fallen or pulled something on top of himself. "If he is going to the hospital he must be ok," I thought.

At the hospital they explained that after 40 minutes of CPR the EMTs got his heart started again. I remember being so confused. A detective told my husband and me that Anders had been in his car seat. I was still confused. "Was he going somewhere?" I asked. It was explained that he had been napping in his car seat since I dropped him off over two hours earlier.

When a car seat is level in a base in the vehicle it is tilted back. The baby's head remains tilted back and their airway remains open. When a child is in a car seat on the floor, their head can tilt forward, cutting off airflow to their lungs. This is what happened to Anders. My strong and thriving little boy suffocated.

Anders was flown to Fargo where he spent 3 days on life support before meeting Jesus. After his death we were constantly met with the reply that others had no idea that you aren't supposed to let children nap in car seats outside of the car. No one likes disturbing a sleeping baby, but minutes or hours of fussiness isn't worth never hearing their cry again.

It took us years and two rounds of IVF to get pregnant with the twins. When I was pregnant, my husband and I took classes at the hospital to prepare for their arrival. We knew not to leave them in a car seat for a nap. We made sure that our parents knew. When we toured our daycare we asked where they would sleep. A car seat was not one of the places brought up. I didn't even think to mention it or check on that. Always ask questions of your caregiver. It's not rude. It's responsible. Have a conversation with whomever watches your child about where he or she will sleep. A car seat is not an acceptable place.

*- Written by Anders Jungling's parents, Rachel & Ryne Jungling -
Bismarck, North Dakota*



Never let your child sleep in their car seat outside of the vehicle.

If you let them sleep, there is a chance that they won't wake up. It is not worth the risk.

A	Alone:	Babies should sleep alone , not with adults, other children, blankets, bumper pads, pillows or stuffed animals in their crib.
B	Back:	Babies should be placed to sleep on their back , not their side or tummy.
C	Crib:	An infant crib or playpen should be used for sleeping, not an adult bed, sofa, chair, car seat (outside of the vehicle), swing or infant seat.

Car Seat Recommendations

If properly installed in the vehicle, an infant car seat placed on a base will keep the angle of the seat in a position so it does not pose a danger of blocking the baby's airway, causing them to suffocate. If the car seat is removed from the vehicle and placed on a flat surface, the weight of the child can cause the seat to be in an improper position, leading to suffocation and death.

A car seat should NEVER be used as a sleeping device outside of the car.

(Recommendation of the American Academy of Pediatrics, Safe Kids Worldwide, the North Dakota Safe Kids coalitions and car seat manufacturers.)



Visual example of improper head position.

The Junglings

We are grateful to Rachel and Ryne Jungling for sharing their tragic story in an effort to make others aware of the real dangers of letting children sleep in car seats.