

Brief Resolved Unexplained Event (BRUE)

Parent Information Handout

Understanding a BRUE

We know that experiencing a Brief Resolved, Unexplained Event (BRUE) with your baby can be incredibly frightening as a parent or caregiver. **When a BRUE happens, you may notice:**

- Your baby may appear to stop breathing for a moment
- Their skin color could look pale or blue
- Their muscles might tense up or relax
- They may be hard to wake or seem to briefly pass out

While these events can be extremely distressing for you as a parent/caregiver, most babies recover within moments either on their own or with a little help, and they typically return to their usual, happy self quickly.

After seeing your baby, the doctor or healthcare provider will determine if there was an underlying cause for the event by performing a full medical history and thorough physical exam. There may be additional testing, but it is often not helpful to determine a cause. If there was an obvious reason, such as choking/gagging or other feeding issues, it wouldn't be considered a BRUE.

It's completely natural to feel concerned, but know that your Texas Children's healthcare team is here to support you. If you ever have any questions or concerns, don't hesitate to reach out - we're here to help.



Texas Children's Parent Advice Line
(832) 824-2535

Texas Children's Parent Advice Line is monitored by registered nurses 24/7. Leave a message and they will call you back ASAP.



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Frequently Asked Questions After a BRUE

Why did my baby have this event?

After examining your baby, the healthcare team was unable to identify a cause and cannot say why this event happened. While this is unsettling, we want to reassure you that in most cases, babies recover completely and are perfectly healthy afterward.

Should my baby be monitored in the hospital?

Babies who are considered lower risk by the healthcare team do not need to stay in the hospital to be monitored. No imaging, blood tests, or monitoring of their heart or lungs are needed. It is safe for your baby to be cared for at home.

Does having a BRUE make my baby higher risk for Sudden Infant Death Syndrome (SIDS)?

NO - although the causes of SIDS is unknown, BRUE events do not increase your baby's risk of SIDS. There's no guaranteed way to prevent SIDS. However, research tells us that a safe sleep environment can help reduce your baby's risk of SIDS.

For all babies, it is important to create a safe home and sleep environment. Your baby should not be exposed to smoky environments and they should always be put to sleep on their back in a crib or bassinet without any pillows, loose blankets, padding or stuffed animals. To learn more about creating a safe sleep environment for your baby, visit HealthyChildren.org/safesleep.

What should I do if it happens again?

If your baby recovers and is back to their normal self within 3-5 minutes, call your pediatrician for advice on next steps. If your baby does not recover within 5 minutes or you have continued urgent concerns after the episode, **call 911** and have your baby brought back to the emergency room.

Does my baby need extra care after having a BRUE? Is my baby more delicate or weak?

No, no special care is needed. Continue to love and care for your baby at home as you normally do.

Important Reminders for Parents and Caregivers

- Remember to take your baby to their regular well-child visits to keep them healthy and safe.
- Though your baby is not more likely to need it, it is a good idea for everyone who cares for infants and small children to know how to perform CPR. You may also use it one day to help someone else in need. To find a class near you, ask your child's healthcare provider, or visit the American Red Cross, the American Heart Association, or a national or local organization that offers training.



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References

Texas Children's (2024, October). Brief resolved unexplained event.

American Academy of Pediatrics 2016 clinical practice guideline Brief Resolved Unexplained Events (Formerly Apparent Life-threatening Events) and Evaluation of Lower-risk Infants

American Academy of Pediatrics (2022). Brief resolved unexplained event: What parents and caregivers need to know. https://publications.aap.org/patiented/article/doi/10.1542/ppe_document103/392/Brief-Resolved-Unexplained-Event-What-Parents-and?autologincheck=redirected



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