



SIDS:

Important Information for Parents

What is SIDS?

- Sudden infant death syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year

The Safest Position to Sleep

- Place your baby on his back to sleep; it's the safest position
- Babies who sleep on their stomachs are at higher risk for SIDS
- Side sleeping is not as safe as back sleeping and babies can roll onto their stomach from a side position

The Safest Place to Sleep

- Place your baby in a safety-approved crib with a firm mattress and a fitted sheet
- Never put your baby to sleep on a chair, sofa, water bed, or cushion
- Place your baby's crib or bassinet near your bed to make breastfeeding easier and help you watch over your baby
- Bumper pads should not be used
- Blankets, if used, should be tucked in around the rib mattress. They should not reach any higher than your baby's chest
- Keep pillows, quilts, comforters, and stuffed toys out of your baby's crib. They can cover your infant's face- even if she is lying on her back

Know the truth... SIDS is NOT cause by

- Immunizations
- Vomiting
- Choking

Other Ways to Reduce the Risk of SIDS

- Breastfeeding can reduce SIDS by up to 50%!!!
- DO NOT SMOKE during pregnancy
- Avoid ALL SMOKING around baby; second hand smoke increases the risk of SIDS
- Pacifiers may help reduce the risk of SIDS, however, if your baby doesn't want it or if it falls out then do not force it
- Avoid products that claim to prevent SIDS, as NO specific one product has been shown to reduce the risk for SIDS
- Home monitors should be avoided unless your baby has a breathing or heart problem
- Give your baby plenty of "tummy time" when he is awake, as this will strengthen neck and back muscles
- Swaddling from 0-3 months is fine, but after 4 months it may increase the risk

Did you know?

- About one in five SIDS deaths occur while an infant is being cared for by someone other than a parent
- Many of these deaths occur when infants who are used to sleeping on their backs at home are then placed to sleep on their tummies by another caregiver
- We call this "unaccustomed tummy sleeping"
- Unaccustomed tummy sleepers are 18 times more likely to die from SIDS