

PREVENTION OF SUDDEN INFANT DEATH SYNDROME (SIDS)

SIDS is the sudden, unexplained death of an infant younger than one year old.

It is the leading cause of death in children between one month and one year of age. Most SIDS deaths happen when babies are between 2 months and 4 months of age.

How can I reduce the SIDS risk?

- ✓ **ALWAYS PLACE BABIES ON THEIR BACKS TO SLEEP**



- ✓ Place your baby on a firm sleep surface. Never place a baby to sleep on a pillow, quilt, sheepskin, or other soft surface.
- ✓ **Keep soft objects, toys, and loose bedding out of your baby's sleep area** Don't use pillows, blankets, quilts, sheepskins, or pillow-like bumpers in your baby's sleep area. **Keep all items away from the baby's face.**
- ✓ Avoid letting your baby overheat during sleep – Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.
- ✓ If your baby develops flat spots on his or her head from back sleeping provide tummy time when your baby is awake and someone is watching. Tummy time not only helps prevent flat spots, but it also helps a baby's neck, head, and shoulder muscles get stronger.