

How to Reduce the Risk of SIDS

SUDDEN INFANT DEATH SYNDROME

SIDS is when a baby less than one year old dies in their sleep and no one knows why.



Always put your baby on their back to sleep

- ♥ Start at birth and for every sleep.



Share a room with your baby, but not a bed

- ♥ Put your baby in a crib or other safe sleeping place next to your bed.



Breastfeed

- ♥ Breast milk reduces the risk of SIDS and has many other benefits for mother and baby.



Give baby a smoke-free environment during pregnancy and after birth

- ♥ When you are pregnant cut down or quit.
- ♥ Ask others not to smoke around you.



Avoid loose bedding

- ♥ In a crib, use only a firm mattress and a fitted sheet.
- ♥ If you use a drawer or box, put a thin folded blanket under the baby.