



SIDS Prevention Back to Sleep

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of an infant under one year of age. SIDS is the major cause of death in children between the ages of one month and one year. Most SIDS deaths occur between one and four months of age, strikes more boys than girls and is more common in the winter months.

To Reduce the Risk of SIDS:

- **Place all healthy babies on their backs to sleep.** Unless indicated in writing by a health care provider that the child needs a different sleep position due to medical conditions. Otherwise, if strictly a parent request, the program will obtain a waiver from the parent indicating authorization for alternate sleep position.
- Place baby on a **firm, tight-fitting mattress in a crib** that meets current safety standards.
- **Do not** place baby on a waterbed, sofa, soft mattress, beanbag cushions, pillow or other soft surface to sleep.
- **Remove soft bedding:** pillows, quilts, comforters, blankets, sheepskins, stuffed toys, bumper pads.
- **Avoid overdressing** or overheating baby.
- Consider using a **sleepers or an infant sleeping sack as an alternative to blankets** with no other covering.
- **Devices** to keep babies on their **back or side are not recommended.**
- Establish a **blanket free sleep environment.** If using a blanket, put **baby's feet to the foot of the crib.** Tuck a thin blanket around the crib mattress, only as far as the baby's nipple line.
- Keep **baby's head uncovered** during sleep.
- Encourage **prenatal care, breast feeding, regular check-ups and routine immunizations.**
- Create a **smoke-free** environment for the baby, prenatally (before birth) and thereafter.

Source:

National Institute of Child Health and Human Development (NICHD) Fact Sheet, Sudden Infant Death Syndrome 4/97
NICHD, NIH News Alert: Incidence of SIDS Increases during Cold Weather. A Winter Alert to all Caregivers of Infants 1/14/98
SIDS Alliance, Consumer Product Safety Commission (CPSC) Raises Recommendations to Prevent Infant Deaths from Soft Bedding 4/9/99

Please Post in your program – Compliments of Health Consultants For Child Care