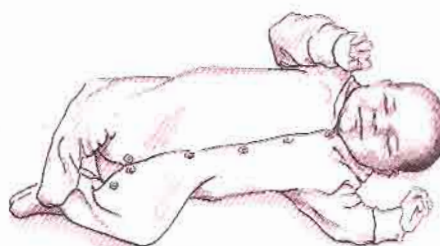


Reducing SIDS risk for your baby

There is no way to 100% prevent Sudden Infant Death Syndrome. However, there are some things you can do to lower your baby's risk:

Put your baby
on his or her
BACK TO SLEEP.



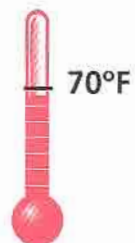
No quilts,
pillows
or stuffed toys
in the crib.



No smoking
near the baby.



Room temperature 70°F or lower.



The **"BACK TO SLEEP"** rule can reduce your baby's risk of Sudden Infant Death Syndrome (SIDS)

- ♥ Always put your baby on his BACK TO SLEEP. Stomach sleeping doubles your baby's risk of dying from SIDS.
- ♥ Use a firm, flat crib mattress. Don't put your baby on a pillow, waterbed, sofa cushions, beanbag chair, sheepskin or futon.
- ♥ Limit bedding to a fitted sheet and firm bumpers. Avoid bedding that can bunch up around your baby's face and block her breathing.
- ♥ Set your thermostat at no higher than 70 degrees. To keep your baby warm without covers, dress him in a blanket sleeper in cold weather and in lightweight pajamas in warm weather.
- ♥ Don't let baby sleep with stuffed toys - they can block breathing.
- ♥ Don't let anyone smoke near your baby. Being near smokers doubles her chance of dying from SIDS.
- ♥ Consider breastfeeding. Nursing even for a short time may help protect your baby.
- ♥ Teach babysitters, daycare workers, friends and grandparents the "BACK TO SLEEP" rule.
- ♥ Make sure your baby gets all his shots. Being immunized lowers his risk of SIDS.
- ♥ Be aware that sharing your bed with your baby when you're groggy can increase the baby's risk of suffocation. Adult bedding increases SIDS risk too.

For more information, call **1-800-336-7437**.

Produced by Child Health Plus -
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