Keeping Baby Safe while sleeping

Sudden Infant Death Syndrome (SIDS) is the unexplained death of a seemingly healthy baby usually during sleep. Although the exact cause is unknown and all babies are vulnerable, certain sleep environments have been linked to an increased risk.

9 ways to help protect your baby from SIDS

Ensure the crib is properly assembled and if there is any question, call the manufacturer

Always place baby on his/her back to sleep

Remove everything other than the mattress and fitted sheet from the crib when baby is sleeping. No pillows, blankets, toys, or bumpers.

Use a blanket sleeper, never use loose blankets

Use a firm mattress with no more than two fingers width between the crib and mattress

Keep baby in Mom's room for the first few months, but in a separate sleeping area.

Once breastfeeding is established offer a pacifier.

Do not over-clothe baby while sleeping, baby should be warm but not sweating or hot to the touch.

Keep a smoke-free zone around your baby

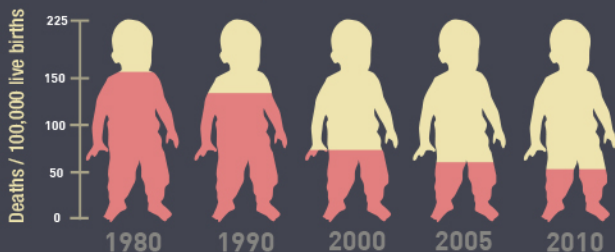There shouldn't be more than a soda can's width between bars.

Sudden Infant Death Syndrome (SIDS)

U.S. SIDS Mortality Rates - all races 1980-2010

Deaths / 100,000 live births

225
150
100
50
0

1980   1990   2000   2005   2010

Educate everyone who cares for your baby on these safe sleep rules

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