

Tips to Reduce the Risk of SIDS

more information about the Halo SleepSack™



Keep Your Baby's Face Uncovered

- Your baby should never have anything over her head or face when sleeping.

Use a Firm Sleep Surface

- Place your baby only on a firm mattress in a crib, bassinet or play yard.
- Do not let your baby sleep in your bed

Tummy Time

- It is good for your baby to spend time on his tummy. This time helps build strength.
- Place your baby on his stomach on a firm surface.
- Never leave your baby alone while he is on his stomach.
- If your baby falls asleep on his tummy, turn him onto his back.

Use a Pacifier to Put Your Baby to Sleep

- You may choose to give your baby a pacifier when putting her down to sleep.
- If the pacifier falls out of baby's mouth when she is asleep, don't worry about putting it back

Do Not Use Home Monitors to Reduce the Risk of SIDS

- There is no proof that use of home

- monitors decreases the risk of SIDS.
- Only use home monitors if advised to do so by your health care provider.

Do Not Smoke When You are Pregnant

- Never smoke during your pregnancy
- Always keep your baby away from second-hand smoke.

Tell Everyone You Know about SIDS and SIDS Safety Tips

- You are not the only one that will take care of your baby.
- Be sure to tell grandparents, friends, babysitters and other caregivers about the ways to keep your baby safe from SIDS.

Sources of information include

American Academy of Pediatrics (2005). The Changing Concept of Sudden Infant Death Syndrome: Diagnostic Coding Shifts, Controversies Regarding the Sleeping Environment, and New Variables to Consider in Reducing Risk.



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SAFE SLEEPING

TIPS TO PREVENT SIDS

For New Parents



Fighting To End The Tragedy of SIDS

for Brian - 6/02/04 - 9/28/04

Sudden Infant Death Syndrome



Even though Sudden Infant Death Syndrome (SIDS) occurs less often than in the past, it is the third leading cause of death for babies in the United States.

Any baby could be at risk for SIDS. That is why new parents must learn how to keep their babies safe during sleep.

One of the ways to help protect your baby is to make sure he sleeps on his back.

Why Sleep on the Back?

Avoid Sleeping on the Side

Your baby is likely to turn over on his stomach if he is placed on his side to sleep.

Always Sleep on the Back

Healthcare providers say that a baby should **always sleep on his back** and not on the side or stomach. Sleeping on the back is the best way to reduce the risk of SIDS.

Every one who takes care of your baby should know that your baby must sleep on his back.

What are Some Major Risks for SIDS?

There are a few other things that have been found to put babies at an increased risk for SIDS.* These factors include

- ★ **Babies who sleep on their tummies**
- ★ **Babies who sleep on a soft area, such as a couch, waterbed or soft mattress, or with soft objects and bedding, such as quilts, pillows and blankets**
- ★ **Babies who sleep in an adult bed with any Adult or child**
- ★ **Babies whose mother smokes or who are in a smoking environment**
- ★ **Babies who get overheated**
- ★ **Babies whose mothers received late or no prenatal care**
- ★ **Babies of teen mothers**
- ★ **Premature or low birth weight babies**
- ★ **Boys and African American and Native American Babies are at greater risk**

**This risk is from one month of age to one year.*

What Can I do to Reduce the Risk of SIDS?

Back to Sleep

- Babies should be placed on their backs every time they sleep or nap.

Never Share a Bed with Your Baby

- It is unsafe to sleep in the same bed with your baby.
- The best place for baby to sleep is in a crib or bassinet close to your bed but not in your bed.

- Breastfeed and comfort your baby in your bed, but if you begin to feel tired, place your baby in his own crib.

Remove ALL Items From the Crib, Bassinet or Play Yard

- Do not place anything in your baby's crib, bassinet or play yard when he is sleeping.
- There should be NO fluffy items or extra bedding in your baby's crib, bassinet or play yard.
- Often cribs and bassinets come with quilts, pillows and side pads. Take these and all other toys and soft objects out of your baby's crib, bassinet or play yard.
- Only your baby should be in her crib, bassinet or play yard when she is sleeping.

Keep Your Baby From Getting Too Hot

- Do not put too many layers of clothes on your baby.
- Keep your baby's room temperature so that it is not too hot or cold to you.
- Baby should not sleep with blankets or quilts. Consider using a wearable, sleeveless blanket like the Halo SleepSack™.

Only Use Approved Products

- Beware of items that say they help protect your child from SIDS. Many of these items, such as sleep wedges or bumpers, are unsafe.
- Only the Halo Sleep Sack™ is approved to help keep your baby safe from SIDS and carries the First Candle/ SIDS Alliance gold seal.

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