

SEVEN STEPS TO TAKE BEFORE BABY TAKES HER FIRST



- 1. Always lay a healthy baby to sleep face up.**
If your baby has problems breathing or spits up a lot after feeding, ask your doctor about how your baby should sleep.
- 2. No smoking while pregnant or near the baby.**
While pregnant or considering pregnancy do not smoke, use drugs, or alcohol. Don't let others smoke near your baby.
- 3. Don't let your baby get too hot.**
Dress your baby in as much or as little as you would wear. Do not wrap your baby in lots of blankets or clothes. If your baby is sweating, has damp hair, or a heat rash, he or she may be too hot.
- 4. Lay your baby to sleep on a firm mattress.**
Do not let the baby sleep on soft things, like cushions, blankets, pillows, the couch, sheepskins, foam pads, or waterbeds.
- 5. Create a healthy lifestyle for you and your baby.**
When pregnant, see your doctor often and do not use drugs or alcohol. Talk with your baby's doctor about changes in your baby and how your baby acts.
- 6. If possible, breast feed your baby.**
Breast feeding has been shown to be good for your baby.
- 7. When your baby is awake, put your baby on his or her tummy to play.**
Make sure someone is always watching. "Tummy Time" is good for your baby because it makes neck and shoulder muscles stronger.



1-888-8CJ-SIDS

Or visit our website at www.cjsids.com

CJ FOUNDATION
for **SIDS**
Face up to wake up.™

What is SIDS?

SIDS is Sudden Infant Death Syndrome. It means that a healthy baby dies quickly and without warning and doctors cannot find a reason why the baby died. SIDS can happen to any family. SIDS is one of the major causes of death in babies from 1 month to 1 year of age. In the United States a baby dies from SIDS every 3½ hours. Most SIDS deaths occur when a baby is between 2 and 4 months old. SIDS occurs more often in the winter and early spring.

SIDS Facts

- SIDS is not caused by "baby shots".
- SIDS is not caused by spitting up, choking or smothering.
- SIDS is not caused by child abuse.
- SIDS usually happens to healthy babies.
- SIDS is not catching. It cannot be passed from one baby to another.

**IT IS NO ONE'S FAULT WHEN A
BABY DIES OF SIDS.**

Remember...

1. Put your healthy baby on its back to sleep.
2. Do not let people smoke near the baby.
3. Do not smoke, take drugs, or alcohol while pregnant or nursing.
4. Do not let your baby get too hot.
5. Put your baby to sleep on a firm mattress.
6. Always check with your doctor about your baby's sleep position.
7. Let your baby play on his or her tummy when awake and someone is watching.

*"Tell everyone who watches your
baby to follow these steps."*

Do you need to talk to someone
about SIDS?
Would you like to know more?

Call the
CJ Foundation for SIDS
at

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Reducing the risk of
Sudden Infant Death Syndrome

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