

## What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden unexpected death of a baby under a year old and the cause can't be explained. It may be difficult to tell the difference between SIDS and accidental suffocation.



Tell everyone who cares for your baby to follow these tips...

## Resources

[www.dhhs.ne.gov/sids](http://www.dhhs.ne.gov/sids)

National Sudden Infant Death  
Resource Center  
[www.sidscenter.org](http://www.sidscenter.org)

For more information or additional  
copies of this brochure, call

1-800-801-1122

ADA/EOE/AA



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08-08

## Safe Sleep for Your Baby



# Safe Sleep Tips for your Baby:

**1.** Put baby on his/her back to sleep and be sure to tell other caregivers about a safe sleep place.



- Childcare providers
- Grandparents and other family members
- Babysitters

**2.** Use a firm mattress covered with a fitted sheet in a safety-approved crib.



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



**4.** Remove pillows, blankets, stuffed toys and other soft objects from the crib. Don't use devices to prop baby on side.



**5.** Consider using a "blanket sleeper" instead of blankets, which can get wrapped around baby's head.

**6.** Avoid overheating; baby shouldn't be sweating or hot to the touch. The ideal room temperature is one that's comfortable to a lightly clothed adult.

**7.** Consider offering a pacifier once breastfeeding is established.

**8.** Create a smoke-free zone around baby, particularly when sleeping.



**NO SMOKING**

**9.** Baby should have a separate sleeping space in the parent's room. Don't let baby sleep on an adult bed, waterbed, armchair, couch or other soft surface. Baby shouldn't share any sleep surface with another child or adult.

**10.** Remember to have supervised tummy time when baby's awake.

