

What is SIDS?

SIDS is the sudden unexpected death of a baby under one year of age and the cause cannot 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. This includes family, grandparents, friends, babysitters and childcare centers.



Additional Safe Sleep Notes

Research shows that breastfeeding is protective against SIDS.

If a baby is immunized, there is a 50% decreased risk for SIDS.

Resources

www.healthychildren.org/safesleep

<http://dhhs.ne.gov/publichealth/Pages/sids.aspx>

For more information or additional copies of this brochure, call

1-800-801-1122

ADA/EOE/AA



www.dhhs.ne.gov

PHA-PAM-14 (22014) Rev. 2/12

Safe Sleep for Your Baby



Safe Sleep Tips for your Baby:

1. Put baby on his/her back to sleep.



2. Use a firm mattress covered with a fitted sheet in a safety-approved crib. Consumer Safety for Cribs www.cpsc.gov/cribs.



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



4. Remove pillows, blankets, stuffed toys, bumper pads 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 or covering the infant's head. Baby should not be sweating or hot to the touch.

7. Consider offering a pacifier once breastfeeding is established.

8. Create a smoke-free zone around baby.



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 is awake to minimize development of flat areas on baby's head.

