

Follow the ABCs to Prevent SIDS



Why are we concerned about Sudden Infant Death Syndrome (SIDS)?

SIDS is the unexplained death of an infant less than a year old and is one of the leading causes of infant deaths in our area. Unsafe sleep practices is one of the risk factors for SIDS.

What are unsafe sleep practices?

- Loose bedding — such as pillows and quilts — and stuffed toys placed in the crib with the infant
- Adult sleeping in the same bed or couch with an infant
- Sleep surfaces that are too soft
- Baby sleeping on his or her stomach

What can you do to help your baby sleep safely and reduce his or her risk of SIDS?

Remember: **Alone**, on his/her **Back**, in a **Crib**:

- Always place infants on their back to sleep in their own crib
- Use a safety-approved crib with a firm mattress and fitted sheet
- Remove stuffed toys, crib bumpers, pillows and other loose bedding from the sleeping area
- Make sure nothing covers your baby's head

For more information go to: www.cdc.gov/SIDS

Health Whys

A public health message from

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