

# 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](http://www.cdc.gov/SIDS)

## *Health Whys*

A public health message from

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