

What is SIDS?

SIDS stands for Sudden Infant Death Syndrome. This means the sudden death of a baby less than one year old that is not explained.

Facts About SIDS:

- Your baby is at higher risk for SIDS because he or she needed special care at birth.
- The smaller your baby is, the higher his or her risk for SIDS.
- When small babies sleep on their belly or side at home, this greatly increases their risk.
- The safest way for your baby to sleep is on his or her back.
- Babies who are around cigarette smoke before or after they are born are more likely to die from SIDS.

- Babies who sleep on chairs, sofas, adult beds or soft bedding are more likely to die from SIDS.
- The risk of death is very high for babies who sleep in bed with others. It is safest for your baby to sleep in his or her own crib in your room.
- Babies who are 2 to 4 months are at highest risk for SIDS. Most SIDS deaths happen by 6 months.



How Can I Keep My Baby Safe at Home?

1. Always place your baby on his or her Back to Sleep.
2. Protect your baby from cigarette smoke before and after he or she is born.

3. Place your baby on a firm mattress with a tight fitted sheet.
4. Keep loose bedding, blankets, stuffed toys and bumper pads out of your baby's crib.
5. Place your baby to sleep in his or her own crib. Keep your baby's crib close to you in your room
6. Everyone who takes care of your baby must know how to keep your baby safe from SIDS.



Is there a risk of my baby choking on his or her back?

No. If your baby spits up, he or she can swallow better sleeping on his or her back.

Can my baby still sleep on his or her stomach after going home from the NICU?

- It was good for your premature or sick baby to sleep on his or her stomach in the NICU. This helped them to heal and grow.
- This is not safe when babies are bigger and ready to go home. Always place your baby Back to Sleep at home.

Frequently Asked Questions



How far should I keep my baby from cigarette smoke?

Do not allow smoking in the house or car before and after your baby is born.



Knowing the facts about keeping your baby safe during sleep will help you enjoy watching baby grow!

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Can I breastfeed my baby in bed?

It is OK to breastfeed your baby in bed. It is **not** safe for your baby to sleep in your bed. Your baby is safest in a crib that is close to your bed.

Can my baby share a bed with a brother or sister?

No. Your baby could be smothered sleeping with a brother or sister. Always place your baby in his or her own crib to sleep.

Are there times when my baby can be on his or her belly?

Yes, your baby should play on his or her belly when **awake** and **someone is watching**. This is called “tummy time.” This will help your baby’s neck and shoulder muscles get stronger.

What should my baby wear to sleep?

Your baby doesn’t need to dress any warmer than you. Keep the room just warm enough to sleep in light clothing. Use a blanket sac, made for babies to wear in the cold months.

My baby used a pacifier in the NICU. Should I use one at home?

Yes, placing a baby to sleep with a pacifier will lower the risk of SIDS. Offer a clean and dry pacifier each time your baby goes to sleep. Don’t force your baby if he or she doesn’t want it. If your baby did not use a pacifier, wait until he or she is used to breast feeding before using one.

Is crib death the same as SIDS?

Yes. You may know SIDS as “crib death.” A baby could die in a crib that is not safe. But, **safe** cribs do not cause SIDS.



Taking Your Baby Home from the NICU



Facts about Safe Sleep