

## ***SIDS: Sudden Infant Death Syndrome***

### *Simple ways to reduce risk of SIDS:*

- Place babies on their backs or sides to sleep.
- Avoid placing on their stomach for naps or at night.
- Use a firm mattress- not sofa, waterbed, or other soft surface.
- There should be no blankets, sheep skins, pillows or stuffed toys in the crib.
- Sleeping in the same room as the infant.
- ***NO SMOKING!*** around the babies or in common spaces.
- Keep baby warm, but not hot- dress warm enough to sleep without any covers.
- Don't use alcohol or drugs- if you have a drink do not co-sleep with infant that evening as you are not as likely to be tuned in to the infants movements or needs, because you will be harder to arouse.
- Breastfeed if possible- contains important antibodies and nutrients that are not in formulas.
- If breastfeeding, remember to avoid falling asleep while infant at breast as the breast can be a smothering risk.
- Give baby a supervised "tummy time" during the day to help develop strong neck, stomach and arm muscles.
- Schedule regular doctor's visits for well child check-ups and immunizations.

### ***If you do co-sleep (AAP and AAFP recommend against)...please remember the following safe co-sleeping rules:***

- Ideally use a co-sleeper (bed with rigid & netted siding) or co-sleeping basinet that attaches to side of bed. This helps to keep infants space from getting invaded with potential smothering risks.
- Keep blankets/sheets down below adult waist in bed
- Remove pillow that can move into infants space
- Place infant on back (do not have infant fall asleep with you on your chest or on the breast feeding!)
- Avoid co-sleeping if: overly exhausted, or if have had a glass of wine/beer/alcohol as this may blunt your ability to respond to infants cues and mind infants space in bed.

*We know that having a new little-one can be exhausting and that keeping them nearby can help with sleep and ease our minds as we can easily reassure ourselves frequently that they are doing*

*ok. However, be mindful that they are vulnerable and not able to fend for themselves to negotiate obstacles that can unintentionally pose smothering risks at this age!*