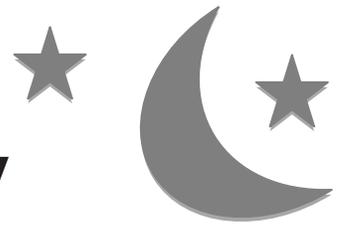


Safe Sleep for your Baby



Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death are the leading causes of death in babies 1 month to 1 year of age. Most SIDS/SUID deaths happen when babies are between 1 month and 4 months of age.

What is SIDS and SUID?

SIDS is defined as the sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation. SUID are defined as deaths in infants less than 1 year of age that occur suddenly and unexpectedly, and whose cause of death is not immediately obvious prior to investigation.

DOs

What can I do to lower my baby's risk of SIDS, and other sleep-related causes of infant death?

There is no sure way to prevent SIDS, however these tips can reduce the risk of SIDS and other sleep-related causes of infant death:

- ★ Always place baby on his or her back to sleep, for naps and at night.
- ★ Use a firm sleep surface, covered by a fitted sheet. Firm sleep surfaces can include safety-approved:
 - ◆ cribs
 - ◆ bassinets
 - ◆ portable play areas
- ★ Keep sleep area clear of toys, stuffed animals and loose bedding

DON'Ts

What must I avoid to keep my baby safe while sleeping?

- ★ Don't use the following as baby's everyday sleep surface:
 - ◆ car seat
 - ◆ carrier
 - ◆ swing
- ★ Your baby should never sleep in an adult bed, in a sibling's bed, on a couch, or on a chair. It doesn't matter if they are alone, with you, or with anyone else.
- ★ Women should not smoke, drink alcohol, or use illegal drugs while pregnant. And NO ONE in the home should smoke around the infant or in areas where the child will spend time.