



Safe Sleep for Your Baby

How to keep your baby safe while sleeping

Sudden Infant Death Syndrome 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. There is no sure way to prevent SIDS.

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

- Always put baby on back to sleep
- Baby should be in their own crib, not an adult bed, couch, or car seat
- Use firm sleep surface
- No blankets, pillows, bumper pads, soft toys in crib
- No smoking around baby
- Baby should not sleep with others

Who else in my baby's life needs to know about safe sleep?

- Grandparents, aunts and uncles, other family members
- Child care providers
- Babysitters
- Anyone taking care of baby

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An initiative of SCAN of Northern Virginia

Parenting Can Be Tough
Asking for help doesn't have to be!

Find more resources online at scanva.org/prc