

Get the word out

Make sure that everyone who cares for your baby practices safe sleep.

Infants who are use to sleeping on their backs, but who are then placed to sleep on their stomachs or sides, are at an increased risk of SIDS.

Parents, grandparents, babysitters, child care providers, and everyone else in charge of putting a baby to sleep should place them on their back to sleep every time, for naps and at night.



The easiest way to remember how to create a safe sleep environment is to think of the ABC's of safe sleep:



Altru
HEALTH SYSTEM

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Practice Safe Sleep



Reduce the risk of
**Sudden Infant
Death Syndrome**

**SAFE
K:DS**
GRAND FORKS

Practice Safe Sleep

Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden unexplained death of an infant under 1 year of age.

SIDS is the leading cause of death among infants aged one month to one year. Each year nearly 2,300 infants will die from SIDS.

Important things to know about SIDS:

Infants who sleep on their stomach are at a greater risk of SIDS than infants who sleep on their backs.

Sleeping on soft surfaces, such as couches & soft mattresses, is a significant risk factor for SIDS.

Bed sharing with an infant is hazardous and is a risk factor for SIDS.

Infants whose mothers smoke during or after pregnancy are at a greater risk of SIDS.

What can be done to reduce the risk of SIDS

BACK TO SLEEP

Always place a baby on their back to sleep.

Placing an infant on their back to sleep significantly lowers SIDS risk. Stomach sleeping can increase the risk of SIDS nearly 2-12 times as much from babies who sleep on their backs.

A FIRM SLEEP SURFACE

Never place baby to sleep on pillows, quilts, sheepskins or others surfaces.

ALWAYS place baby to sleep on a firm sleep surface, such as a safety-approved crib mattress.

The American Academy of Pediatrics does not recommend infant car seats, strollers, swings or slings for routine sleep as they pose a risk for airway obstruction.

DO NOT SMOKE

Do not smoke before or after the birth of the baby and do not let others smoke around the baby.

SAFE SLEEP ENVIRONMENT — NO BED SHARING

Baby should not sleep in a bed, couch or armchair with adults or other children, but they can sleep in the same room as parents/caregivers.

If parents bring the baby into bed to breastfeed, they need to put them back in a separate sleep area when finished.

NOTHING IN CRIB OTHER THAN BABY

Keep soft objects, such as stuffed animals and loose bedding, out of the crib.

Do not use blankets, pillows, quilts or crib bumpers in the baby's sleep area.

Consider using a sleep sack for your baby. These wearable blankets replace loose blankets in the crib that can cover your baby's face and interfere with breathing.

The SwaddleMe infant wrap is available for purchase in the Altru Hospital Gift Shop.

