

Reduce the Risk of SUDDEN INFANT DEATH SYNDROME (SIDS)

What is SIDS?
 The majority of SIDS (Sudden Infant Death Syndrome) cases occur in babies under the age of one.
 SIDS is the leading cause of death for infants under the age of one.
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WHAT SHOULD I KNOW ABOUT SIDS?

WHAT IF I DON'T KNOW WHAT TO DO? THESE ARE CRUCIAL THINGS THAT HEALTH CARE PROVIDERS AND COMMUNITY AGENTS TO DO THAT WILL HELP KEEP YOUR BABY SAFE.

REST YOUR BABY ON HIS/HER BACK FOR SAFETY
 Studies show that SIDS is much less frequent in babies who sleep on their stomachs.

CONSIDER THE SLEEPING SURFACE
 The safest sleeping surface for your baby is a firm, flat surface, such as a crib or bassinet, with a fitted sheet.

BE VIGILANT ABOUT ALL TIMES OF SLEEP
 Whether your baby is napping or going down for the night, it's important to place them on their back. Make sure your baby always sleeps in a safe place.

Read & Check!
 Updated to reflect the latest research and recommendations from the American Academy of Pediatrics (AAP) and the U.S. Consumer Product Safety Commission (CPSC).

QUICK SIDS FACTS

The leading cause of death in babies between the ages of one month and one year is SIDS.

The most common age of death by SIDS is between **TWO AND FOUR MONTHS**.

Each year, SIDS takes the lives of **more than 3,500 BABIES EACH DAY**.

HOW DO I REDUCE MY BABY'S CHANCE OF SIDS?

- 1. BABIES MUST ALWAYS SLEEP ON THEIR BACKS**
 Make sure your baby is always sleeping on their back. This is the safest position for your baby.
- 2. SLEEP SURFACE MATTERS**
 Place your baby on a firm, flat surface. Avoid soft surfaces like couches, armchairs, and beds. Use a fitted sheet on the crib or bassinet.
- 3. AVOID SOFT TOYS, OBJECTS, OR LOOSE BEDDING IN THE CRIB**
 Avoid stuffed animals, blankets, quilts, pillows, and other soft objects in your baby's crib. Use a fitted sheet and a blanket that meets fire safety standards.
- 4. SMOKING KILLS**
 No one should smoke around your baby. If you smoke, it's crucial that you don't smoke during your pregnancy or after you give birth.
- 5. SLEEP CLOSE TO YOUR BABY BUT IN A SEPARATE SPACE**
 To avoid smothering your baby and other accidents, don't co-sleep with your baby. Instead, use a crib or bassinet that meets fire safety standards. Place your baby's crib or bassinet near your bed for easy access. Check for recalls on your crib or bassinet. To help you choose the right crib or bassinet, visit www.aap.org.
- 6. CONSIDER USING A CLEAN AND DRY DIAPER TO HELP YOUR BABY SLEEP**
 Your baby shouldn't get too hot or too cold. Use a clean and dry diaper to help your baby sleep. Change your baby's diaper often and use a clean and dry diaper.
- 7. PREVENT YOUR BABY FROM OVERHEATING**
 It's important that your baby is dressed in light clothing when you put them down to sleep. They should be wearing a onesie or a short-sleeved shirt.
- 8. AVOID SIDS RISK REDUCING PRODUCTS**
 There are only two products that have been approved for SIDS risk reduction.
- 9. SIDS CANNOT BE PREVENTED BY HOME MONITORS**
 While baby monitors can be very useful, they shouldn't be used as a substitute for safe sleeping practices. Check for recalls on your baby monitor.

PREVENT FLAT SPOTS FROM DEVELOPING ON YOUR BABY'S HEAD
 When your baby is lying on their back, their head may flatten. To help prevent flat spots, you can use a firm, flat surface for your baby to sleep on. You can also use a special pillow or mat to help prevent flat spots. Check for recalls on your baby's pillow or mat.

QUESTIONS
 I'm confused by SIDS labels. What's a label? It's showing an icon.

ANSWERS
 Right. Labels are a way to help you understand the risks of SIDS. They are used to help you understand the risks of SIDS. They are used to help you understand the risks of SIDS.

Have fun and keep your baby safe!

Contact the Consumer Product Safety Commission at **1-800-638-2772** for more information on safe baby products.