

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden unexpected death of a baby under a year old and the cause can't be explained. It may be difficult to tell the difference between SIDS and accidental suffocation.



Tell everyone who cares for your baby to follow these tips...

Resources

www.dhhs.ne.gov/sids


National Sudden Infant Death
Resource Center
www.sidscenter.org

For more information or additional
copies of this brochure, call

1-800-801-1122

ADA/EOE/AA



 printed on recycled paper

08-08

Safe Sleep for Your Baby



Safe Sleep Tips for your Baby:

1. Put baby on his/her back to sleep and be sure to tell other caregivers about a safe sleep place.



- Childcare providers
- Grandparents and other family members
- Babysitters

2. Use a firm mattress covered with a fitted sheet in a safety-approved crib.



3. There shouldn't be more than a soda can's width between bars.



4. Remove pillows, blankets, stuffed toys and other soft objects from the crib. Don't use devices to prop baby on side.



5. Consider using a "blanket sleeper" instead of blankets, which can get wrapped around baby's head.

6. Avoid overheating; baby shouldn't be sweating or hot to the touch. The ideal room temperature is one that's comfortable to a lightly clothed adult.

7. Consider offering a pacifier once breastfeeding is established.

8. Create a smoke-free zone around baby, particularly when sleeping.



NO SMOKING

9. Baby should have a separate sleeping space in the parent's room. Don't let baby sleep on an adult bed, waterbed, armchair, couch or other soft surface. Baby shouldn't share any sleep surface with another child or adult.

10. Remember to have supervised tummy time when baby's awake.

