

What can I do to reduce the risk of SIDS?

Put baby to sleep on her back.

Make sure you have a firm mattress for baby to sleep on.

Remove all toys, bumpers, pillows and blankets from baby's sleeping environment.

Don't let smoke near baby or any of her clothes, bedding, furniture or toys.

Prevent baby from overheating by removing extra clothes and keep the room between 68-72 degrees.

SIDS is the leading cause of death among babies between 1 month and 1 year of age.

vomiting, choking, illnesses

SIDS is NOT caused by immunizations, nor is it contagious.

Research shows that there is a somewhat higher risk of SIDS in babies who:

- Are exposed to secondhand smoke
- Were born to moms who received poor prenatal care, smoked during pregnancy, or are under 20 years old
- Are premature or low birth weight