

NEW MOTHER FACT SHEET

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)



Lower the Risk of SIDS

- Always place your baby (birth to 12 months) on his or her back to sleep, at nighttime and naptime.
- Place your baby on a safety-approved crib mattress covered by a fitted sheet.
- Keep soft objects, toys, pillow-like bumper pads and loose bedding out of your baby's sleep area.
- Keep your baby's sleep area close to, but separate from, where you and others sleep.
- Do not take your baby to bed with you:
 - ✓ The baby may slip under the bedding or into pillows.
 - ✓ The baby may become trapped between the bed and the parent or the wall.
 - ✓ The baby may fall out of bed, overheat or be rolled on.
- Offer your baby a clean, dry pacifier, but don't force your baby to take it. If you are breastfeeding, wait until your baby is 1 month old or until breast feeding is established.
- Avoid products that claim to reduce the risk of SIDS; most of them have not been tested.
- Remember "tummy time" to reduce the chance that flat spots will develop on your baby's head. Allow time for your baby to play on his or her tummy when he or she is awake and someone is watching.
- Breastfeed your baby, if possible. Studies show that breastfeeding reduces your baby's risk of SIDS by about half.
- Consider using a household fan in your baby's room for air circulation.



Feet to Foot

If you use a blanket, place the baby with feet at the end of the crib with the blanket reaching no higher than the chest. Tuck the ends of the blanket under the crib mattress.

DO NOT place your baby on a waterbed, sofa, soft mattress, adult bed, beanbag, pillow, car seat, infant swing, bouncy chair or other soft surface to sleep. If the baby falls asleep on any of the above places, remove the baby and place him or her in the crib to sleep.

DO NOT allow smoking around your baby. Do not smoke before or after the birth of your baby.

DO NOT let your baby overheat during sleep. Dress your baby in light clothing and keep the room temperature at 65 to 70 degrees.

Tell Everyone!

Tell all babysitters, child-care providers, grandparents and anyone who cares for your baby that your baby *always* needs to sleep on his or her back and alone in a crib.

For more information about SIDS, including pamphlets or other SIDS materials, contact the North Dakota SIDS Management Program at 701.328.2493, Press 1.

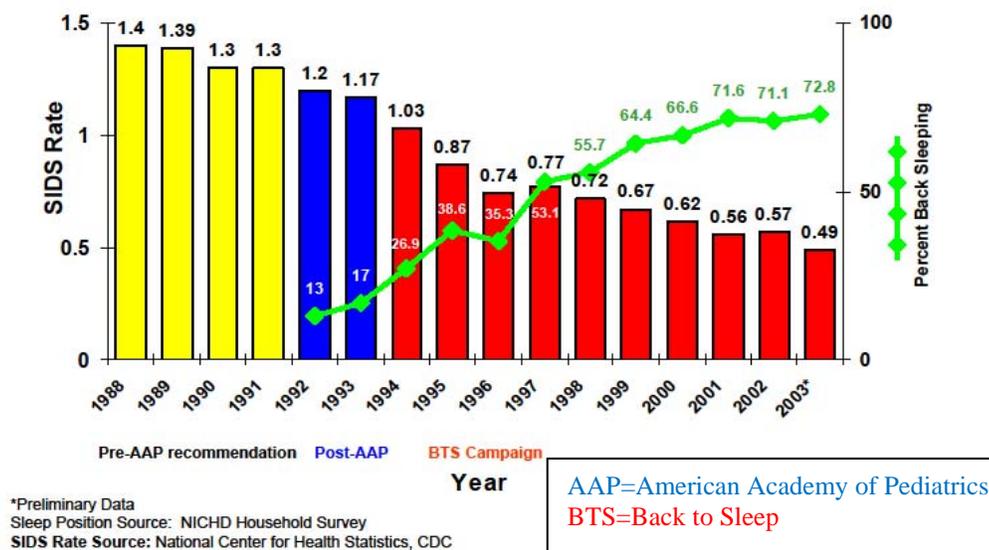


SIDS Facts

National Statistics

Since the Back to Sleep campaign began in 1994, the overall SIDS rate in the United States has declined by more than 50 percent.

SIDS Rate and Sleep Position, 1988-2003
(Deaths per 1,000 Live Births)



North Dakota SIDS Facts Between 2005 and 2009

- 43 babies died as a result of SIDS.
- 58 percent were boys.
- 42 percent were girls.
- 65 percent died at home.
- 56 percent died after being placed to sleep in an unsafe sleep environment such as an adult bed, sofa, car seat or air mattress.

Please put your baby to sleep on his or her back in a safe crib every time!