

NEW MOTHER FACT SHEET

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)



1. Put your healthy baby (birth to 12 months) on his or her back to sleep, at nighttime and naptime.



- Unless the baby has a note from a health care provider specifying otherwise, infants should be placed in a supine (back) position for sleeping to lower the risk of sudden infant death syndrome (SIDS).

- Have “tummy time” when baby is awake and someone is watching.

2. If using a blanket, place baby with his or her feet at the foot of the crib. Tuck a thin blanket around the crib mattress, only as far as the baby’s chest (see photo above).

3. Create a safe sleeping environment:

- Place baby on his or her back on a firm, tight-fitting mattress and sheet in a crib that meets current safety standards.
- Remove pillows, quilts, comforters, sheepskins, stuffed toys, bumper pads and other soft products from the crib.

- Contact the U.S. Consumer Product Safety Commission at 800.638.2772 or www.cpsc.gov for crib safety standards.

4. **DO NOT** place baby on a waterbed, sofa, soft mattress, beanbag, pillow, car seat, infant swing, bouncy chair or other soft surface to sleep. If the baby should fall asleep on or in any of the above, remove baby and place on his or her back in a crib to sleep.

5. **DO NOT** smoke while pregnant and after the baby is born.



6. Place the baby to sleep in a crib. Bed sharing can be unsafe if the baby slips under the bedding or into pillows, is trapped between the bed and the parent or the wall, falls out of bed, overheats or is rolled on.

7. Make sure your baby’s head remains uncovered during sleep.

8. **DO NOT** let your baby get too warm. Maintain a constant temperature in the room, 65 to 70 degrees Fahrenheit.



- Dress your baby in a diaper, shirt and sleeper; no hat and no extra clothing.

- Use only one blanket.

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9. Take good care of yourself and your baby.

- Maintain good health and attend appointments throughout your pregnancy.
- Keep baby's immunizations on schedule.
- Notify your baby's health care provider of any changes in your baby's behavior or health.

10 Never use positioning devices, pillows or rolled blankets unless a health care provider indicates a need for them in writing.

11. If possible, breastfeed your baby.

- Breastfeeding has been shown to be good for your baby.



If you take your baby to a childcare provider, discuss sleep position preference with him or her. Remember, back is best.

For pamphlets or other SIDS material, contact the North Dakota SIDS Management Program at 701.328.2493, Press 1.

