

SIDS (Sudden Infant Death Syndrome) Prevention Information

Information about SIDS:

- **SIDS is the sudden and unexplained death of an infant under 1 year of age.**
- SIDS is the leading cause of death in babies after 1 month of age.
- Most SIDS deaths occur in babies who are between 2 and 4 months old.
- Babies placed to sleep on their stomachs are much more likely to die of SIDS than babies placed on their backs to sleep.
- African American babies are twice as likely to die of SIDS.

Guidelines to help prevent SIDS:

1. *One of the best ways to lower the risk of SIDS is to place a baby on his/her back to sleep – even for naps.*
Place infants under 12 months of age on their backs in a crib to sleep. (Some infants might have health conditions that might require them to sleep on their tummy or side as specified by a signed statement from the child’s physician due to breathing, lung or heart problems or other medical problems.) Positioning devices that restrict a child’s movement in the crib will not be used without a doctor’s permission. When infants can easily turn over from the back position to the tummy position, they shall be placed to sleep on their back, but allowed to adopt whatever position they prefer for sleep.
2. *Use a safe crib.*
Babies should sleep in a safety-approved crib on a firm tight-fitting mattress. Babies should never sleep on a waterbed, sheepskin, pillows, or other soft surfaces.
3. *Remove all fluffy and loose bedding from the sleep area.*
All pillows, quilts, comforters, stuffed toys, and other soft items should be removed from the crib.
4. *Make sure the baby’s head and face stay uncovered during sleep.*
Keep the baby’s mouth and nose clear of blankets and other coverings during sleep. If you do use a blanket or another covering, make sure your baby is “feet to foot” in the crib. Feet to foot means that the baby’s feet are at the bottom of the crib, the blanket is no higher than the baby’s chest, and the blanket is tucked in around the crib mattress.
5. *Don’t let the baby overheat during sleep.*
Keep the baby warm during sleep – but not too warm. The room temperature should be at a temperature that is comfortable for an adult.
6. *Provide tummy time for awake non-mobile children.*
Non-mobile children still need time on their tummy to develop their motor abilities. Babies can be placed on their stomach for “tummy time” when they are awake and someone is watching.

I have reviewed the information on SIDS prevention with my supervisor.

Name of volunteer: _____

Signature of volunteer: _____

Date of review: _____

No volunteer will be allowed in the classroom before reviewing this information.