



For more information on sleep position for babies, reducing the risk of SIDS, or the Healthy Native Babies Project contact the *Back to Sleep* campaign at:
 Mail: 31 Center Drive, 31/2A32, Bethesda, MD 20892
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 Web site: <http://www.nichd.nih.gov/SIDS>

Back to Sleep campaign sponsors include:
 Eunice Kennedy Shriver National Institute of Child Health and Human Development
 Maternal and Child Health Bureau/HRSA
 American Academy of Pediatrics • First Candle/SIDS Alliance
 Association of SIDS and Infant Mortality Programs



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If you use a blanket, place the baby with feet at the end of the crib. The blanket should reach no higher than the baby's chest. Tuck the ends of the blanket under the crib mattress to ensure safety.

Babies Sleep Safest on Their Backs.

One of the easiest ways to lower your baby's risk of SIDS is to always put him or her on the back to sleep, for naps and at night. Health care providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die of SIDS when they sleep on their backs. Placing your baby on his or her back to sleep is the number one way to reduce the risk for SIDS.

Q. But won't my baby choke if he or she sleeps on his or her back?

A. No. Healthy babies automatically swallow or cough up fluids. There has been no increase in choking or other problems for babies who sleep on their backs.

Spread the Word!

Make sure everyone who cares for your baby knows the Safe Sleep Top 11! Tell grandparents, babysitters, childcare providers, and other caregivers to always place your baby on his or her back to sleep to reduce the risk of SIDS. Babies who usually sleep on their backs but who are then placed on their stomachs, even for a nap, are at very high risk for SIDS—so every sleep time counts!

Enjoy Your Baby!



Fast Facts About SIDS

- SIDS is the leading cause of death in infants between 1 month and 1 year of age. All babies younger than 1 year of age are at risk for SIDS.
- Most SIDS deaths happen when babies are between 2 months and 4 months of age.
- American Indian/Alaska Native babies are nearly 3 times as likely to die of SIDS as white babies.
- You can reduce the risk for SIDS in your family.

SAFE



SLEEP FOR YOUR

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

BABY



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 NATIONAL INSTITUTES OF HEALTH
 Eunice Kennedy Shriver National Institute of Child Health and Human Development

What is SIDS?

SIDS stands for sudden infant death syndrome. This term describes the sudden, unexplained death of an infant younger than 1 year of age.

There is no 100-percent effective way to prevent SIDS, but there are ways to reduce the risk.

What Should I Know About SIDS?

Health care providers don't know exactly what causes SIDS, but they do know:



Babies sleep safer on their backs. Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.



Sleep surface matters. Babies who sleep on or under soft bedding are more likely to die of SIDS.



Every sleep time counts. Babies who usually sleep on their backs but who are then placed on their stomachs, like for a nap, are at very high risk for SIDS. So it's important for everyone who cares for your baby to use the back sleep position for naps and at night.



Communities across the nation, including Native communities, have made great progress in reducing SIDS! Since the *Back to Sleep* campaign began in 1994, the SIDS rate in the United States has declined by more than 50 percent.

* For information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



Always place your baby on his or her back to sleep.

What Can I Do to Lower My Baby's Risk of SIDS?

Here are 11 ways that you and others who care for your baby can reduce the risk of SIDS.

Safe Sleep Top 11

- 1 Always place your baby on his or her back to sleep, for naps and at night.** The back sleep position is the safest, and every sleep time counts.
- 2 Place your baby on a firm sleep surface, such as on a safety-approved* crib mattress, covered by a fitted sheet.** Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces. It is very dangerous to place your baby to sleep on water beds, sofas, couches, or armchairs.
- 3 Keep soft objects, toys, and loose bedding out of your baby's sleep area.** Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your baby's sleep area, and keep all items away from your baby's face.
- 4 Do not allow smoking around your baby.** Don't use commercial tobacco before or after the birth of your baby. Don't let others smoke around your baby anywhere in the house or in the car.
- 5 Do not drink alcohol while you are pregnant or breastfeeding.** Drinking alcohol while you are pregnant increases your baby's risk for SIDS. There is no known safe level of alcohol consumption during pregnancy or breastfeeding.
- 6 Keep your baby's sleep area close to, but separate from, where you and others sleep.** Your baby should not sleep on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If you bring your baby into bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside co-sleeper (infant bed that attaches to an adult bed) when finished.
- 7 Think about using a clean, dry pacifier when placing your infant down to sleep,** but don't force the baby to take it. If you are breastfeeding your baby, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.
- 8 Do not let your baby overheat during sleep.** Dress baby in light sleep clothing, and keep the room at a temperature comfortable for an adult. Baby may be too warm if he or she is sweating or breathing rapidly or has damp hair, flushed cheeks, or heat rash.
- 9 Avoid products that claim to reduce the risk of SIDS, and do not use home monitors to reduce the risk of SIDS.** Most products have not been tested for effectiveness or safety. If you have questions about using home monitors for other conditions talk to your health care provider.
- 10 Reduce the chance that flat spots will develop on your baby's head:** provide "Tummy Time" when your baby is awake and someone is watching; change the direction that your baby lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.
- 11 Invite a Public Health Nurse (PHN) into your home.** Visits from a PHN are known to reduce SIDS risk.

For more information about SIDS risk reduction, visit <http://www.nichd.nih.gov/SIDS>.



Your baby needs Tummy Time! Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.