

Other Things You Can Do To Reduce The Risk Of SIDS

Firm bedding. Your baby should sleep on a firm, tight-fitting mattress in a crib that meets safety standards. Do not put your baby to sleep on a couch, waterbed, pillow, soft mattress, or other soft surface. Remove soft things like pillows, quilts, comforters, sheepskins, foam pads, or stuffed toys from your baby's crib.

Make sure your baby's head is uncovered during sleep. If you use a blanket, put the baby's feet at the foot of the crib. Tuck a thin blanket around the crib mattress, only as far as the baby's chest. Also, consider using a baby sleeper with no other covering, instead of a blanket.

No smoking. No one should smoke anything around your baby. SIDS is more common among those babies who are exposed to smoke. They also get sick more often. Do not smoke anything while you are pregnant. The risk of SIDS is greater for babies whose mothers smoked during pregnancy.

Keep the baby warm, but not hot. Babies should not be allowed to get too hot. If the room temperature is right for you, it will be right for your baby. Dress the baby with the same amount of clothing that you wear to be comfortable.

Breast milk is best. Breastfeed your baby, if possible. Breast milk helps protect your baby from some infections and helps keep your baby healthy.

Prenatal care. Early and regular prenatal care can help reduce the risk of SIDS. Do not use tobacco, alcohol or drugs while you are pregnant. They may harm your baby before he or she is even born.

Regular checkups and shots. Make sure your baby gets routine exams. Make sure your baby gets all of his or her shots on time. If your baby seems sick, call your doctor or clinic right away.



Enjoy Your Baby!

Remember, most babies are born healthy and stay that way. Don't let the fear of SIDS spoil your enjoyment of having a new baby.

If you have any questions, call the Powerline:

1-800-822-2539

Loving, Caring, and Sharing



**Division of Public Health
Family Health Branch
Office of Infant
and Child Health Services**

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Atlanta, Georgia 30303-3142

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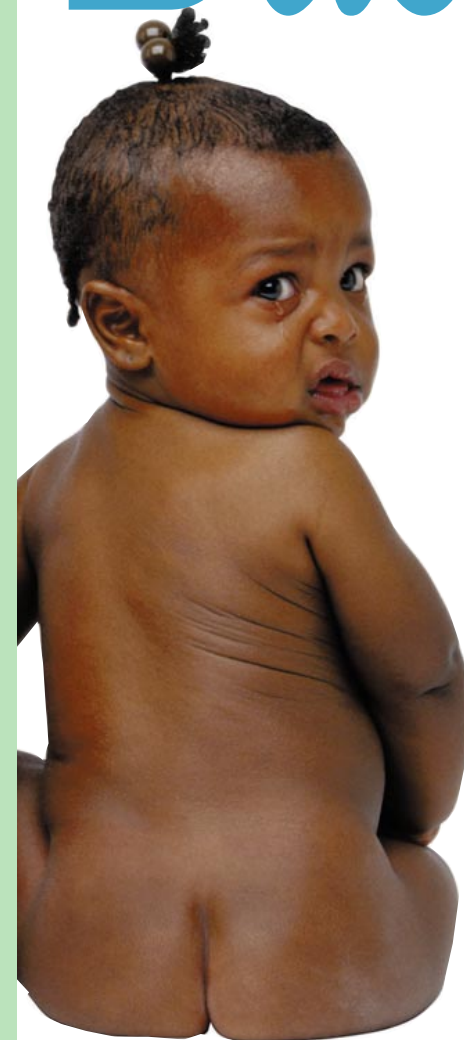
Website: <http://health.state.ga.us/programs/sids/index.shtml>

Form 3219 DPH00.36HW

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hen a baby dies quickly without warning, usually during sleep, and no one knows why, the baby has died of Sudden Infant Death Syndrome, or SIDS (sometimes called "crib death")

SIDS strikes over 100 babies in Georgia every year. SIDS can happen to any family, no matter what their race, how much money they make, how much education they have, or where they live.

We still don't know what causes SIDS, but we do know something you can do to make your baby safer.



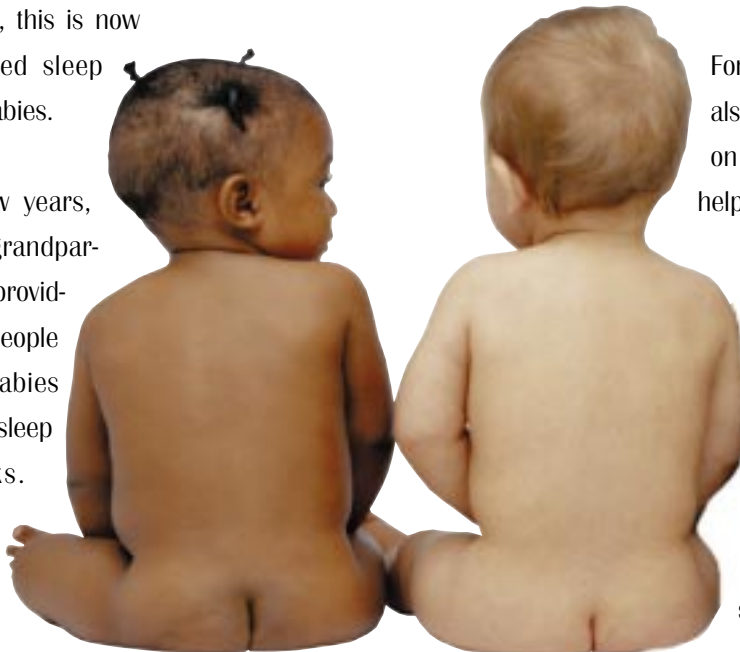
Babies Sleep Safest On Their Backs

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or years, parents were told to place their babies on their stomach to sleep.

However, studies have shown that **healthy babies who always sleep on their backs are less likely to die of SIDS.** Because of these findings, this is now the recommended sleep position for all babies.

For the past few years, more parents, grandparents, child care providers, and other people who care for babies have put them to sleep on their backs. Since then, thou-



sands fewer babies have died of SIDS every year in the United States. and fewer babies are dying of SIDS in Georgia. However, not as many people here have this new information, so the improvement has not been as great.

For a few years, parents were also told that putting babies on their side to sleep could help reduce the risk of SIDS.

Now we know that sleeping on the back is much safer.

Tell anyone who keeps your baby or baby-sits for you, to *always* put your baby on his or her back to sleep.



Check With Your Doctor Or Nurse

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few babies have health conditions that might make sleeping on the tummy better for them. If your baby was born with a birth defect, often spits up after eating, or has a breathing, lung, or heart problem, be sure to talk to a doctor or nurse about which sleep position to use.

Some mothers worry that babies sleeping on their backs may choke on spit-up or vomit during sleep. There is no evidence that sleeping on the back causes choking. Millions of babies around the world now sleep on their back and doctors have not found more choking or other problems.

While your baby is awake and being watched, it's a good idea to put the baby in many different positions - including on the tummy - to help the baby's muscles develop. Talk to your doctor or nurse if you have questions.