

What You Need to Know About SIDS.....

Information for Parents and Caregivers

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of a baby under one year of age that remains unclear after a complete investigation, which includes an autopsy, examination of death scene, and review of the symptoms or illnesses the baby had before dying.

The baby dies quickly, without warning, and usually during sleep. SIDS is sometimes called “crib death”, but cribs do not cause SIDS.

SIDS is a major cause of death of babies 1 month to 1 year of age.

What are some important facts to know about SIDS?

SIDS is not caused by child abuse.

Babies do not have to be sick to die from SIDS.

SIDS is not caused by “baby shots”.

SIDS is not passed from one baby to another.

SIDS occurs in families of all races and income levels.

SIDS is not preventable, but there are ways to lower the risk.

What you can do to lower the risk of SIDS?

1. Put your baby on his or her back to sleep.

Tell everyone who keeps your baby to always put your baby on his or her back to sleep.

If your baby has a health problem, ask your doctor or nurse about the best sleeping position for your baby.

2. No smoking during pregnancy or around the baby.

No one should smoke around your baby. Babies who are exposed to smoke get sick more often.

3. Keep your baby from getting too hot.

If you feel comfortable then your baby will feel comfortable. Do not overdress your baby for sleep. Too many layers of clothing and blankets can overheat your baby.

4. Put your baby to sleep on firm bedding.

Do not put your baby to sleep on a couch, waterbed, pillow, soft mattress, or other soft surface.

Your baby should sleep on a firm mattress in a safety-approved crib.

All soft things, like pillows, stuffed toys or bumper pads, should be removed from the crib.

Make sure your baby’s face stays uncovered during sleep.

5. Make sure you get regular prenatal care while you are pregnant.

Early and regular prenatal care can help reduce the risk of SIDS.

For your baby’s well being, you should not use alcohol or drugs during pregnancy unless prescribed by a doctor.

6. Breastfeed your baby.

If possible, breastfeed your baby. Breast milk helps keep your baby healthy.

7. Take your baby to the doctor for regular checkups and shots.

Make sure your baby gets routine exams.

Make sure you take your baby to get his or her shots on time.

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