



Keeping Baby Safe



SIDS (Sudden Infant Death Syndrome)

What is SIDS (Sudden Infant Death Syndrome)?

- Sudden infant death syndrome (SIDS) is the unexpected death of a baby under one year of age and occurs while the baby is sleeping.
- The cause is unknown, although the research recommends the following steps to lessen the risk of SIDS:
 - **Babies should sleep on their backs on a firm, flat surface.** It is not necessary to force babies to sleep on their back when they are able to turn from their back to their tummy on their own.
 - Avoid soft mattresses, fluffy pillows, comforters, stuffed toys, and bumper pads in your baby's crib as these can prevent good air circulation around baby's face or head.
 - **Do Not smoke inside your home or car** - not only for your baby's health but also to reduce the risk of SIDS.
 - **Keep your baby warm, not hot** – If room temperature is comfortable for you, it is comfortable for baby. To check if your baby is too hot, place your hand on the back your baby's neck. Your baby should not be sweating. Dress your baby with the same amount of layers as you would need to be comfortable.
 - **Breastfeeding has many benefits and may give protection against SIDS.**



Visit the Canadian Paediatric Society website at <http://www.cps.ca> and www.hc-sc.gc.ca/hppb/childhood-youth for a Back to Sleep handout.