

How to keep your Sleeping Baby safe

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation. This investigation includes performing a complete autopsy, examining the death scene, and reviewing the clinical history.

There are ways parents and caregivers can reduce the risk of SIDS and other sleep-related causes of infant death. One way they can do this is by creating a safe sleep environment.

What is a safe sleep environment? **Bare is Best**. - link to picture below

With any crib, bassinet or play yard, follow a few simple rules to keep babies sleeping safely:

- To prevent suffocation, never place pillows or thick quilts in a baby's sleep environment.
- Make sure there are no gaps larger than two fingers between the sides of the crib and the mattress.
- Proper assembly of cribs is paramount - Follow the instructions provided and make sure that every part is installed correctly. If you are not sure, call the manufacturer for assistance.
- Do not use cribs older than 10 years or broken or modified cribs. Infants can strangle to death if their bodies pass through gaps between loose components or broken slats while their heads remain entrapped.
- Set up play yards properly according to manufacturers' directions. Only use the mattress pad provided with the play yard; do not add extra padding.
- Never place a crib near a window with blind, curtain cords or baby monitor cords; babies can strangle on cords.

BARE is Best!

for your baby's sleep environment



Keep your Baby Cozy

- Always place baby on back to sleep
- Use a crib that meets current CPSC standards
- Keep pillows, quilts, comforters and cushions out of baby's crib, bassinet or play yard
- Use a firm, tight-fitting mattress
- Positioning devices are unnecessary and can be deadly
- For warmth, dress baby in footed pajamas

Without the Clutter



Never add pillows, quilts, comforters or cushions to your baby's crib, bassinet or play yard.

Nearly half of the infant crib deaths and two-thirds of bassinet deaths reported to CPSC each year are suffocations from a baby being placed on top of pillows and thick quilts or because of overcrowding in baby's sleep environment.



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