

7 STEPS

to reduce the risk of SIDS

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1. BACK SLEEPING

- Always place your baby on her back to sleep for every nap and at night
- Give your baby supervised tummy time when she is awake to help strengthen her neck muscles

2. SAFE SLEEP ENVIRONMENT

- Use a firm, tight-fitting mattress and new crib
- Put nothing in the crib but your baby – no soft objects, loose bedding, or bumper pads in the crib
- Use wearable blankets or sleep sacks if you think your baby is cold
- Keep your baby in the same room as you (but not in the same bed)
- Avoid wedges/positioners or other products that claim to reduce the risk of SIDS

3. PACIFIERS FOR SLEEP

- After breastfeeding is well established, offer your baby a pacifier when you lay him down to sleep
- Do not force him to take it or coat it with any substances
- If it falls out, just remove it from the crib; you do not have to put it back in

4. SMOKING AND ALCOHOL

- Do not smoke in your home or car
- Go to all of your prenatal appointments
- Do not smoke or drink while you are pregnant and after the baby is born

5. BREASTFEEDING

- Breastfeed for as long as possible to take advantage of all the benefits it provides to you and your baby
- Breastfeed to increase your overall awareness as a mother (the more time you spend with your baby, the better you will be able to recognize subtle changes in her habits and health, which helps you to notice warning signs of illness or unusual behavior)

6. AVOID OVERHEATING

- Once you return home from the hospital, do not put a hat on your baby indoors
- Do not overdress your baby, and keep her in the same amount of clothing you would be comfortable in, plus one lighter layer
- Keep the room temperature at about 70 °F

7. WELL-BABY VISITS

- Keep your baby's regularly scheduled checkups with his healthcare provider:
 - 3 days after you get home from the hospital
 - 1-2 weeks old
 - 2, 4, and 6 months old
 - 9, 12, 18 months, and beyond
- Follow your baby's immunization schedule—babies that are vaccinated are 50 percent less likely to die from SIDS