SAFE SLEEPING

What is SIDS?

As per the National Institutes of Health, "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." It is the leading cause of death among babies between 1 month and 1 year of age in the U.S. Below are guidelines to help promote a safe sleeping environment for your baby.

Place your baby on a firm, flat mattress with a fitted sheet. Avoid loose bedding.

Place your baby on his/her back to sleep, instead of on the tummy or side.

Room share with your baby - but give him/her their own sleep space separate from your bed.

Keep loose blankets, pillows, stuffed toys, bumpers, and other soft items out of the sleep space.

Make sure your baby is sleeping in a comfortable temperature and is not overheating. Avoid keeping the head and face covered during sleep.