SIDS is Sudden Infant Death Syndrome, and is also known as ‘crib death’. About 2,500 babies die of SIDS each year.

- It is the sudden and unexplained death of a baby under one year of age
- There is no way to tell when SIDS will happen

There is no way to prevent SIDS but there are ways to reduce your child’s risk of SIDS.

You can help protect your baby from SIDS

- **Put your baby to sleep on his or her back**
  - Your baby should always sleep on his or her back at night and for naps. Studies show that the risk of SIDS is lower when babies are put to sleep on their backs instead of their stomachs
  - Some parents worry their baby may choke or spit up. Sleeping on the back does NOT cause choking
  - Some babies do not like to sleep on their backs at first, most get used to it. This is the best way for your baby to sleep

- **Do not allow smoking around your baby; SIDS happens more often to babies who are around smokers**
  - Make sure that your baby sleeps on a firm mattress
  - Don’t use fluffy blankets or comforters under your baby
  - Dress your baby in a sleeper instead of using blankets
  - Do not cover your baby’s face or head with a blanket
  - Don’t let you baby sleep on a waterbed, sheepskin, a pillow or other soft materials
  - Don’t place things such as soft stuffed toys, pillows or bumper pads in the crib with your baby
  - Keep your baby warm, not hot
  - Dress your baby with the same amount of clothing you are wearing
  - Keep your baby’s room warm so that it feels comfortable to you
  - Breastfeeding may reduce the risk of SIDS
  - Breastfeeding your baby is the best choice