

Safe Sleep for Babies

Child Care/Health Promotion

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#1015

Name of Child: _____ Date: _____

Safe Sleep for Babies

What is SIDS?

When babies less than 1 year old die in their sleep and we don't know why, we say they died of SIDS (Sudden Infant Death Syndrome). SIDS has no warning signs. It is the biggest cause of death in babies between 1 month and 1 year of age.



**Always put your baby
on his or her back to sleep.**

What causes SIDS?

We don't know what causes SIDS.

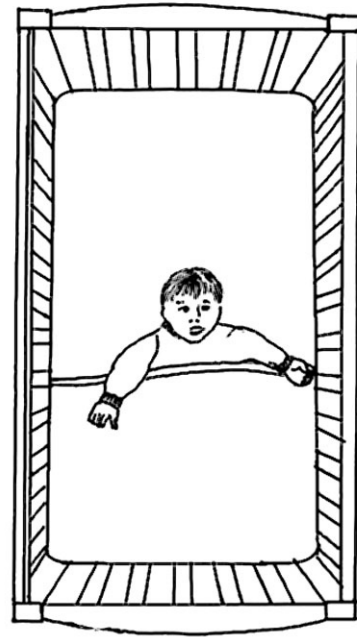
However, many studies show that when babies sleep with something near their mouths, they may die because they don't have enough air to breathe.

How can I keep my sleeping baby safe?

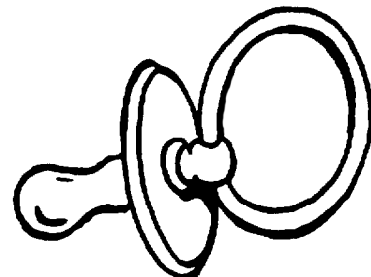
Here are some things you can do to lower your baby's risk of SIDS:

- Always put your baby on his or her back to sleep.
- Tell other people taking care of your baby that your baby sleeps on his or her back. Tell them they need to put your baby on his or her back to sleep, too.

- The crib mattress should be firm.
- Your baby should sleep alone in the crib. You may put the crib in the room you sleep in.
- Your baby should be warm, but not hot.
- Use only one light cotton blanket on your sleeping baby. Place your baby at the foot of the crib. Tuck the blanket in on the sides and the foot of the crib. The top of the blanket should be below your baby's chest. Your baby's arms should be out from under the blanket.
- Using a pacifier lowers the risk of SIDS. If your baby breastfeeds, do not offer a pacifier until your baby is at least 1 month old. If your baby doesn't want a pacifier, it is OK.
- When your baby is awake, place your baby on his or her tummy two or three times a day. This is called **tummy time**. It helps make your baby's neck and arm muscles stronger. It also keeps the back of your baby's head from getting a flat spot.



Safe sleeping position.



Using a pacifier lowers the risk of SIDS.

What are things I should not do?

- Do not give your baby a pillow or wedge.
- Do not put stuffed animals or toys in the crib with your baby.
- Do not let your baby sleep on a soft mattress, couch, or waterbed.
- Do not let the infant sleep in your bed with you.
- Do not smoke around your baby.
- Do not put your baby on his or her tummy or side to sleep.
- Do not put too many blankets or clothes on your baby.

What if my baby doesn't like to sleep on his or her back?

Young babies get used to sleeping on their backs if you always place them that way. When your baby is old enough to turn over and chooses to sleep on his or her stomach, you may let your baby do so.

Now that you've read this:

- Tell your nurse or doctor what you will do to keep your baby safe when asleep. (Check when done.)
- Tell your nurse or doctor what you will tell other people who take care of your baby how they can keep your baby safe. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, January 29, 2009 • DRAFT to family review
#1015 • Written by Julie Malkowski, RN, BSN, CPN • Illustrated by Dennis Swain and Irene Takamizu



The Emily Center

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Name of Health Care Provider: _____ Number: 1015

For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading this handout? Yes No

If yes, what?

After reading this handout, do you have any questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!