the Kansas SIDS organization and is modeling the “back is best” concept to patients.

WHAT IS SIDS?
SIDS stands for “sudden infant death syndrome.” This term describes the sudden, unexplained death of an infant younger than 1 year old. Some people call SIDS “crib death” because many babies who die of SIDS are found in their cribs. But cribs don’t cause SIDS.

Blankets can move around in the crib and get caught up around a baby’s face or even cover the baby’s face while sleeping, increasing the risk of
What can I do to lower my baby’s risk of SIDS?

1. Always place your baby on his or her back to sleep, for naps and at night. This position is the safest, and every sleep time counts.

2. Place your baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. Never place your baby to sleep on pillows, quilts, sheepskins or other soft surfaces.

3. Keep soft objects, toys, and loose bedding out of your baby’s sleep area. Don’t use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your baby’s sleep area, and keep all items away from your baby’s face.

4. Do not allow smoking around your baby. Don’t smoke before or after the birth of your baby, and don’t let others smoke around your baby.

5. Keep your baby’s sleep area close to, but separate from, where you and others sleep. Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you do. If you bring your baby into bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib or cradle when finished.

6. Think about using a clean, dry pacifier when placing your infant down to sleep, but don’t force the baby to take it. (If you are breastfeeding, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.)

7. Do not let your baby overheat during sleep. Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.

8. Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness or safety.

9. Do not use home monitors to reduce the risk of SIDS. If you have questions about using monitors for other conditions, talk to your healthcare provider.

10. Reduce the chance that flat spots will develop on your baby’s head. Provide “tummy time” when your baby is awake and someone is watching; change the direction that your baby lies in the crib from one week to the next; and avoid too much time in car seats, carriers and bouncers.