



Lowering the Risk of Sudden Infant Death Syndrome

- 1) Place babies on their backs to sleep, both at nighttime and at naptime: Research shows that this is the only recommended position for sleep and it is known to reduce the risk of SIDS. Fewer babies die of SIDS when they sleep on their backs. Back to sleep every time for every sleep.
- 2) Place babies on a firm mattress in a safety approved crib or bassinet.
- 3) Remove all loose bedding from the sleep area. Also ensure that you remove all pillows, quilts, toys, blankies, loveys or other items from the crib.
- 4) Crib should be completely empty except for baby until 1 year.
- 5) No smoking around baby ever. This is a known risk factor for SIDS.
- 6) Take care in dressing baby for sleep, overheating can increase his or her risk for SIDS

I have read and understand the above information about reducing the risk of Sudden Infant Death Syndrome (SIDS).

_____ Signature

_____ Print Name

Date: _____

shhh... babies sleeping

314.397.9782 www.claytonbabies.com kelly@claytonbabies.com

clayton babies sleep consulting copyright © 2013