



# BABY STEPS

## SIDS: Tips to Keep Your Baby Safe

Sometimes babies die suddenly, for no reason. These are known as SIDS\* deaths.

**Luckily, there are many things you can do to lower your baby's chance of SIDS.**

- Always put your baby on his back when he is sleeping, both for naps and at night.
- Place your baby on a firm mattress. Do not use bumpers, blankets, pillows or place stuffed animals near baby.
- Keep baby's sleep area in the same room where you sleep. Use a safety-approved crib, bassinet or portable play area next to where you sleep. Your baby should not sleep in an adult bed, or on a couch or chair.
- Do not let your baby get too hot during sleep. Dress your baby in no more than one layer more than an adult would wear to be comfortable.
- Do not smoke during your pregnancy. After your baby is born, do not allow anyone to smoke around him.
- Take your baby for regular medical checkups.
- Breastfeeding can lower the chances of SIDS – another great reason to breastfeed.

If you would like more information, please call First Candle at **1-800-221-7437**.

\*SIDS stands for Sudden Infant Death Syndrome.



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