

SIDS Safety Checklist

Sudden Infant Death Syndrome (SIDS) is the second leading cause of death for infants in their first year of life. It can strike otherwise healthy infants while they sleep, and there are still few answers as to the cause of this tragic phenomenon.

Although there is no sure way to prevent SIDS from occurring, advances in medical research have allowed doctors to identify some proactive steps that parents and caregivers can take.

1. Always place your baby facing upward on a firm, tight-fitting mattress in a safety-approved crib.
2. Remove all stuffed toys, loose bedding, blankets, pillows, bumpers or positioners from your baby's crib while baby is sleeping.
3. Do not put your baby to sleep on soft surfaces like sofas, chairs, water beds, quilts, sheepskins, etc.
4. Be careful not to dress your baby too warmly for sleep, and try to keep the sleeping area between 68-72 degrees Fahrenheit.
5. It is best not to place more than one baby in a crib or playard for sleep.
6. Studies show that babies who are breastfed have less incidence of SIDS.
7. Use of a pacifier has also been linked with lower risk of SIDS.
8. Smoking, drinking and drug use during pregnancy are shown to increase the risk.
9. Never smoke around a baby or take them into a room where someone has recently been smoking.
10. Practice good prenatal care, and, once your child is born, make regular well-baby visits to your doctor.

By staying informed and proactive, you will give your baby the best possible chance to keep your baby healthy and safe long after his or her first birthday.

Visit BabyProductExperts.com or your nearest Baby Product Experts independent store for expert advice on choosing the safest cribs, playards and other furniture and products for your baby.



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