



Southern University Land- Grant Campus Parenting & Child Safety Fact Sheet



Sudden Infant Death Syndrome (SIDS)

What do you need to know?

According to the Center for Disease Control, “In 2015, sudden infant death syndrome accounted for 43% (1600) deaths of infants under the age 1 year, of the 3,600 sudden unexpected infant deaths that year, with unexpected deaths being second and accidental suffocation being third.” (CDC, 2015) Therefore caregivers must take precaution of their babies at an early age.

What is SIDS?

SIDS is sudden infant death syndrome where an infant dies expectantly.

What is the Cause of SIDS?

Researches are unclear of the cause, but have found that preventative measures including having a safe sleeping environment can help reduce the risk of SIDS. (CDC)

What Precautions can Caregivers Take to Reduce the Risks of SIDS?

Have a Safe Bedding

Have a safety-approved firm and flat crib, bassinet, or portable crib, approved by The Consumer Product Safety Commission. (NICHD)

Remove Soft Objects from Bedding

Remove pillows, blankets, stuffed animals, and baby bumpers and help reduce the risks.

Do Not Position Babies on Soft Surfaces

Never place babies on “pillows, couch, sofa, water bed and blanket, as these surfaces can increase the risk of SIDS.” (NICHD)

References:Centers for Disease Control and Prevention. Parents and Caregivers. Retrieved from <https://www.cdc.gov/sids/parents-caregivers.htm>

National Institute of Child Health and Human Development (NICHD). Ways to Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death. Retrieved from <https://www.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx>

Centers for Disease Control and Prevention. Data and Statistics. Retrieved from <https://www.cdc.gov/sids/data.htm>

Provided By:Keisha Fletcher, MPA; Southern University Parent Educator



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Position Infant on Back

Lying Infant on back helps reduce the risks of SIDS compared to babies placed on stomach are at a very high risk.

Do not Attach Pacifiers

Place pacifiers in babies mouth, do not attach pacifiers with strings, babies clothing, beds or stuffed animals, as these can increase the risk of strangulation.

Do Not Let Baby Get Hot

When putting baby sleep make sure that the baby is in comfortable sleepwear, where you won't need to have additional clothing and blankets that can cause baby to become overheated. Additionally, look for signs of overheating including sweating and chest is hot. (NICHD)

Breastfeed Infants

Although breast milk has nutritional and health benefits from colostrum, or first milk that has anti bodies that help infants throughout life. Studies have shown that babies who are breastfed have a lower risk of SIDS, compared to babies who are not breastfed. (NICHD) It is recommended that if mother's breastfeed in bed and babies fall asleep in arms that babies are placed back into a separate safe sleeping area such as bassinet or crib.

Don't Smoke around Baby

Don't smoke during pregnancy or smoke after pregnancy or have your baby around smoke. To stop smoking go to quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit Women.Smokefree.gov.

Enjoy Tummy Time

Tummy Time helps build babies neck, arms, and shoulders and reduces the risk of SIDS.

References:Centers for Disease Control and Prevention. Parents and Caregivers. Retrieved from <https://www.cdc.gov/sids/parents-caregivers.htm>

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