

SIDS stands for Sudden Infant Death Syndrome. It is the sudden and unexplained death of a baby under 1 year of age. Because many SIDS babies are found in their cribs, some people call SIDS “crib death”. But, cribs do not cause SIDS.

**Facts about SIDS:**

- SIDS is the leading cause of death in babies after 1 month of age.
- Most SIDS deaths happen in babies who are between 2 and 4 months old.
- African American babies are 2 times more likely and Native American babies 3 times more likely to die of SIDS than Caucasian babies.
- More SIDS deaths happen in colder months.
- Babies placed to sleep on their stomachs are much more likely to die of SIDS than babies placed on their backs to sleep.

**What Can You Do to Help Lower the Risk of SIDS?**

- Always place baby on his or her back to sleep, even for naps.
- Place your baby on a firm mattress, such as in a safety-approved crib.
- Remove soft, fluffy and loose bedding and stuffed toys from your baby’s sleep area.
- Make sure your baby’s face and head stay uncovered during sleep.
- Do not allow smoking around your baby.
- Don’t let your baby get too warm during sleep.
- Make sure everyone who cares for your baby knows to place your baby on his or her back to sleep.

**Tummy Time:**

There are times when a baby can be on his or her tummy, this time is called “Tummy Time”, when he or she is **awake and someone is watching**. When the baby is awake, tummy time is good because it helps your baby’s neck and shoulder muscles get stronger.

**Remember to pass on the ABC’s of safe sleep....**

**Alone on their Backs in their Cribs.**