

# To Reduce the Risk of SIDS



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**Back to Sleep  
Bare Crib  
Smoke Free**

## *Before the Baby is Born*

1. Get good early prenatal care.
2. Have all future care providers take a CPR course.
3. Do not use cocaine or heroin during pregnancy.
4. Do not smoke cigarettes during pregnancy.
5. Do not become pregnant during your teen years. A second infant born to a teen mother is especially at high risk.

## *After the Baby is Born*

1. Do not allow anyone to smoke around the baby. Do not have your baby in a room or car where people have been smoking.
2. Breast-feed your baby.
3. Place the infant to sleep on his/her back on a firm mattress in a baby bed. This is important *even* when the infant is fretful or restless or has a cold or other illness. Babies may seem like they are more comfortable on their stomachs. But stomach sleepers have up to 12 times the rate of death as back sleepers. Side sleepers have twice the rate of death as back sleepers.
4. Give your baby plenty of tummy play-time. A good place for this is on a sheet on the floor. Play with your baby during this time. Never leave him on his stomach unattended.
5. Never place your baby on his side or stomach in his crib or anywhere else he sleeps.
6. Use a bare crib. Put nothing in the bed but the baby and the clothes he needs to stay warm.
7. Do not use pillows, quilts, blankets or other covering either over or under the baby.
8. Do not have anything around the baby's face that might keep him/her from breathing fresh air. Babies should not re-breathe the air they just breathed out.
9. Do not use wedges or positioning devices.
10. Do not have bumper pads, toys or other soft items in the crib that the baby might press his face up against.
11. Keep your baby's crib in the parents' room until the infant is at least 6 months of age.
12. Do not go to sleep with your baby in your bed. Typical adult beds are not safe for babies. Do not fall asleep with your baby on a couch or in a chair.
13. Don't let babies sleep with adults or other children.
14. When you travel with your baby, be sure to plan a safe place for him to sleep.
15. Do not over-clothe the baby or keep him/her in a room that is too hot. If the baby is sweating, remove some of the clothing.
16. Offer your baby a pacifier. Some studies have shown a lower rate of SIDS among babies who use pacifiers.
17. If your baby has periods of not breathing, going limp or turning blue, tell your pediatrician at once.
18. If your baby stops breathing or gags excessively after spitting up, discuss this with your pediatrician immediately.
19. Thoroughly discuss each of the above points with all caregivers.
20. If you take your baby to daycare or leave him with a sitter, provide a copy of this list to them. Make sure they follow all recommendations.

