

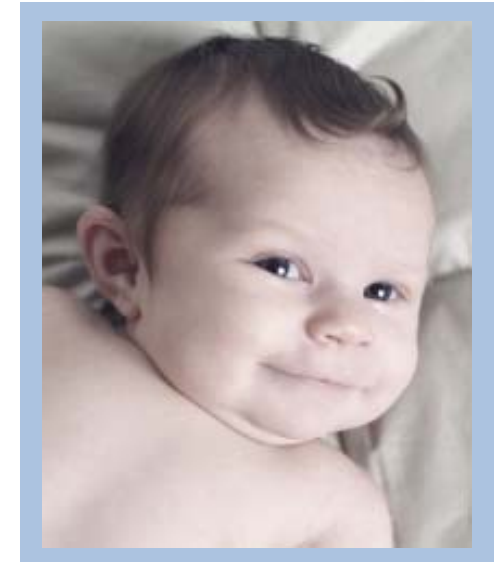
Facts

To reorder brochures

A message to child care providers



Call:
1-800-383-3826
or e-mail:
SIDSbrochure@idph.state.ia.us



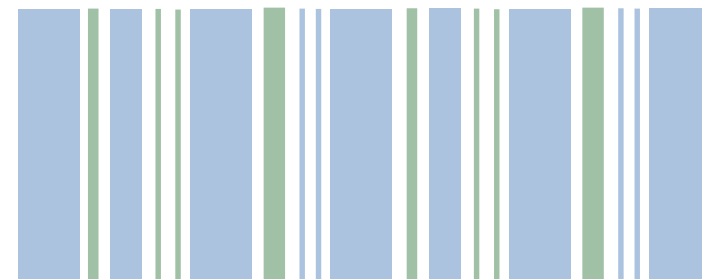
- ★ Many SIDS babies have fluffy bedding or adult covers over or near them when they die.
- ★ More than 20 percent of SIDS babies die while in the care of a child care provider.
- ★ SIDS is the number one killer of infants ages one month to one year!
- ★ Most SIDS babies die after being placed on their tummy or side to sleep!
- ★ Most SIDS babies die after being placed on a waterbed, adult bed, sofa, or other inappropriate surfaces to sleep.
- ★ Most babies who die from SIDS were exposed to tobacco smoke in their mother's womb or after birth.
- ★ More than 50 percent of SIDS babies die while sleeping in a bed or on a sofa with a parent.
- ★ Most SIDS babies die in the care of someone who did not follow the recommendations listed in this pamphlet.

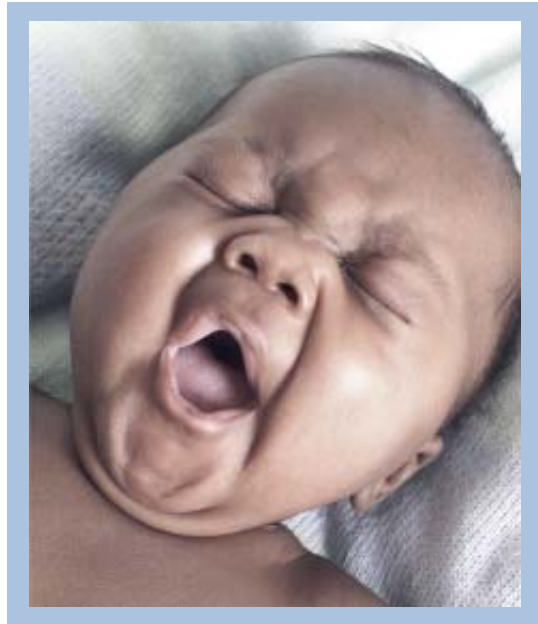
For more information

Call:
Iowa SIDS Alliance
"To Keep Every New Life Living"
1-866-480-4741
or write:
Iowa SIDS Foundation
P.O. Box 13274
Des Moines, IA 50310

Love Hugs Kisses Cuddle

Face Up
to SIDS!





Every baby is at risk for SIDS!

To reduce the chances that a baby who is in your care will die from Sudden Infant Death Syndrome (SIDS)...

- ★ DO place them down for sleep only on their back until they are one year of age.
- ★ DO put them on a firm mattress in a crib. (If a crib is not available, place the baby on a clean, safe area of the floor to sleep!)
- ★ DO NOT use pillows, crib bumper pads, blankets, afghans, or quilts (especially adult bedcovers) over or under them.
- ★ DO keep the baby's room temperature cool (about 65 degrees) when he or she is sleeping.
- ★ DO NOT smoke around babies or let anyone else smoke around them.
- ★ DO NOT overdress or overheat the baby, especially if he or she is ill.
- ★ DO encourage the baby's mother not to smoke while she is pregnant or afterward around her baby and not to take the baby into smoke-filled environments.
- ★ DO encourage the baby's mother to breastfeed the child. If mother is a heavy smoker and breastfeeds, please ask her to talk with her doctor.
- ★ DO encourage the baby's parents to seek medical care for the baby when he or she becomes ill.
- ★ DO NOT let babies share a sleep surface with another child or with an adult.
- ★ DO NOT put babies in an adult bed or on a sofa to sleep!
- ★ DO tell other care givers of the baby (parents, aunts, uncles, babysitters, etc.) to follow these simple rules, too!

"Sometimes loving a baby is just not enough!"

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of an apparently healthy infant that remains unexplained after a thorough autopsy, death scene investigation, and case history.