

Facts

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Call:
1-800-383-3826

or e-mail:
SIDSbrochure@idph.state.ia.us



A message to parents



For more information

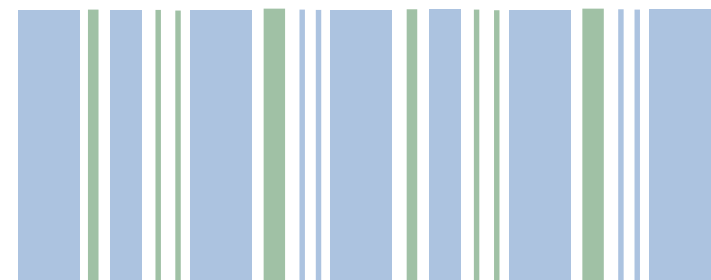
Call:
Iowa SIDS Alliance
"To Keep Every New Life Living"
1-866-480-4741

or write:
Iowa SIDS Foundation
P.O. Box 13274
Des Moines, IA 50310

Love Hugs Kisses Cuddle

Face Up
to SIDS!

- ★ 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.



Love Hugs Kisses Cuddle



"Sometimes loving a baby is just not enough!"

Every baby is at risk for SIDS!

To reduce the chances that your baby 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 your baby, especially if he or she is ill.
- ★ DO NOT smoke while you are pregnant or afterward around your baby and do not take the baby into smoke-filled environments.
- ★ DO breastfeed your baby. If you are a heavy smoker and breastfeed, please talk with your doctor.
- ★ DO seek medical care for your 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 (aunts, uncles, child care providers, babysitters, etc.) to follow these simple rules, too!

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.