

## Sleep Position for Young Infants

**Sudden Infant Death Syndrome or SIDS is the sudden and unexplained death of an infant under one year of age, usually during periods of sleep. It is the leading cause of death for infants between 1 and 12 months of age. To reduce the risk of SIDS, please follow these tips:**

- Place the baby on their back for sleeping at naptime and at nighttime.
- Make sure the baby sleeps on a firm surface, such as on a safety-approved mattress covered with a sheet.

**Keep the crib free of soft materials such as pillows, bumper pads, stuffed animals, and thick blankets.**



- Do not allow your baby to become too hot. Dress your baby with the same amount of clothing as you would dress yourself.
- Consider offering a clean dry pacifier when putting your infant down to sleep.
- Babies need their own bed. Please do not allow your infant to be placed to sleep with another person (co-bedding) especially on a sofa.
- Allow your infant to experience tummy time while they are awake and someone is there to monitor them. This will help build strength in the neck and shoulders.
- As always, do not allow anyone to smoke around your baby.
- Make sure others (child care provider, relative, friend) caring for the infant are aware of these tips.