Safe kids Healthy kids Happy kids

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New Guidelines to Prevent SIDS

Sudden Infant Death Syndrome (SIDS) is still the leading cause of death among infants who are one month to one year old. Most deaths occur between 2 to 4 months of age. They occur while the infant is sleeping.

Risk factors include:

- Smoking, drinking or drug use during pregnancy.
- Lack of pre-natal care.
- Babies born to mothers younger than 20.
- Premature or low birth rate babies.
- Babies exposed to second hand smoke.
- Babies put to sleep on their stomach.
- Overheating from too much bedding and clothes.

In 1992, doctors urged parents to put their babies to sleep on their backs. The rate of SIDS dropped 40%. Recent studies show that the **use of a pacifier** can also **reduce a baby's risk for SIDS.**

In October 2005, the American Academy of Pediatrics (AAP) stated parents should offer their babies a pacifier at **naptime** or **bedtime**. Breast-fed babies should be one month old. This insures breastfeeding is well established before offering the pacifier.

No single risk factor causes SIDS. Several risk factors together put an infant at risk. The AAP suggests that parents of infants:

- Put their baby to sleep on his back.
- Place their baby on a firm mattress. Never use a pillow, waterbed, sheepskin or other soft surface.
- Keep fluffy blankets, stuffed toys, comforters and pillows out of the crib.
- Breast feed if possible.
- Make sure their baby does not get too warm while sleeping. Keep the room temperature comfortable for an adult in a short sleeved shirt. Cover the baby with a light blanket. The blanket should only come up to the baby's shoulders.
- Do not smoke around their baby.
- Take their baby to the doctor for well-baby checkups.
- Put their baby to sleep with a pacifier for the first year of life. If the baby rejects the pacifier, do not force it. Offer it again in a few days.
- Use bassinets or cribs. Baby should not sleep in the same bed with parents.
- Put the baby's bed in the room where the parents sleep.
- Follow their doctor's orders if their baby has GERD.

Is your baby at-risk? Take these steps to decrease the risk and fear of SIDS.

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.

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