

# OCTOBER IS SIDS Awareness Month

## What is SIDS?

(Sudden Infant Death Syndrome)

- ▶ SIDS is the leading cause of death in infants ages one month to one year in the US.
- ▶ SIDS is often referred to the “diagnosis of exclusion” and used as a label for infant death that is not attributed to illness or other obvious causes.
- ▶ SIDS can occur in any sleep environment.
- ▶ Unsafe sleep is a risk factor for SIDS.

## What does safe sleep look like?

**1** Baby sleeps alone and only in these approved sleep spaces:



Crib



Bassinet



Pack and Play

**2**



**Baby is placed on their back for all sleep times.**

**3**

**No co-sleeping**



**4**

**Safe sleep spaces do not have anything other than a fitted sheet on the mattress**

No crib bumpers, blankets, pillows or objects in sleep space

