



Dedicated to helping families affected by the sudden death of an infant.

WE OFFER:



Support

For grieving families



Advocacy

For research into the causes of infant death



Education

On infant death SIDS & stillbirths

WE ARE HERE TO HELP.

- ✓ Peer Support
- ✓ Bereavement Kits
- ✓ Information & Resources
- ✓ Online Forums

If you have lost a child and need support or simply require more information, please contact Baby's Breath.



1 800 363 7437

WWW.BABYSBREATHCANADA.CA

SIDS & Reducing the Risks



About SIDS

Sudden Infant Death Syndrome (SIDS), also known as crib death, is characterized by the sudden, unexpected death of a baby under 1 year of age, which remains unexplained after thorough investigation, including review of the baby's history, death scene investigation, complete autopsy and other associated tests. SIDS is generally related to a phase of sleep. The incidence of SIDS peaks between 2 and 4 months of age and is greatly reduced after the age of 6 months. SIDS is not to be confused with accidental suffocation or strangulation, and is not felt to be associated with vaccinations.

While causes of SIDS are not yet understood, it appears that there is an underlying medical vulnerability in the baby, wherein one or more of various stressors interact in a baby at a critical time in the baby's development.

Some infants appear to be at greater risk for SIDS. They include but are not limited to premature babies, low birth weight babies, male infants, and aboriginal infants as well as twin, triplets and other multiples.

While SIDS cannot be predicted, or prevented, the risks can be reduced if certain recommendations are followed. It is important that everyone who takes care of your infant knows and follows these recommendations.

SIDS & Reducing the Risks

1. Back to Sleep

Place your baby on his/her back to sleep for every sleep, nap time or bedtime. Once your baby is able to roll over onto their tummy (around 5 months of age), you do not need to reposition them.

2. Firm Sleep Surface

Place your baby in a crib, cradle or bassinet that meets current Canadian safety guidelines. Use a firm mattress with a fitted sheet only. **DO NOT** use or add any soft material to your baby's crib, such as sleep positioners, bumper pads, comforters, heavy blankets, stuffed toys, or pillows. Car seats and swings do not allow for the baby to be flat on his/her back and are not recommended for sleep.



Room Share, Don't Bed Share

3. Breastfeeding

Breastfeeding can help reduce the risk of SIDS. Breastfeed your baby if possible, for at least the first 6 months.

4. Room Share, Don't Bed Share

Position the baby's crib, cradle or bassinet next to your bed for at least the first 6 months of life. If you bring your baby into your bed to feed, make sure to put him/her back in the crib after the feeding.

5. Do Not Overheat

Make sure your baby is warm but not hot. Put your baby in sleepwear that is comfortable at room temperature. If a blanket is needed, use a lightweight breathable blanket or a wearable blanket.

6 Avoid Exposure to Smoke

Avoid smoking and exposure to second-hand smoke during your pregnancy. After your baby is born, do not allow anyone to smoke in the presence of your baby. Make your home smoke-free and choose a non-smoking caregiver

7. Regular prenatal care is recommended

Other Recommendations

Your baby will need supervised tummy time 2 to 3 times a day to develop his neck muscles and to prevent plagiocephaly (a flat head). Always supervise your baby during tummy time. You can start soon after birth and continue until your baby can hold up his/her own head (around 4 months).