

# To Keep Your Baby Safe, Keep The Crib Simple

JUST



BABY!

## You can protect your baby from Sudden Infant Death:

- Keep your home and car smoke free
- Lay your baby down in the crib, flat on his or her back for sleep
- Keep soft things out of the crib like pillows, blankets, bumper pads & toys
- Keep the baby's room temperature around 68 degrees
- Be sure to tell your childcare provider to do these things, too!
- Breastfeed your baby
- Take your baby to all doctor appointments
- Talk to your doctor or nurse for more ideas

*This information was prepared by Syracuse Healthy Start. Please copy and distribute. May 2005*

## Helpful resources about Sudden Infant Death Syndrome and other Infant Death:

### Local

Syracuse Healthy Start . . . .435-2000  
NY State Center for SID. . . .634-2191  
Family Ties Network . . . .424-0009

### Websites:

<http://www.cjsids.com/>  
<http://www.sids.org.uk/fsid>  
<http://www.sids.org>

### National

Association of SIDS & Infant Mortality Programs (ASIP) . . . . .  
 . . . . .(631)-444-3690  
Back to Sleep (to order free materials) . . . . . 1-800-505-2742  
First Candle/ SIDS Alliance (resources for parents & professionals) . . . . . 1-800-505-2742

### Additional Reading:

*Velsor-Friedrich, B and Shelton, D Reducing the Risk of Sudden Infant Death Syndrome (SIDS) in African American Communities. J Ped Nsg 19:4, 290-2, 2004*

**Changing Concepts of Sudden Infant Death Syndrome: Implications for Infant Sleeping Environment and Sleep position.** *Pediatrics* Vol. 105 No. 3, March 2000, 650- 6 <http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b105/3/650>

*CE Hunt, SM Lesko, RM Vizina, R McCoy, MJ Corwin, F Mandell, M Willinger, HJ Hoffman, and AA Mitchell. Sleep Environment and the Risk of Sudden Infant Death Syndrome in an Urban population: The Chicago Infant Mortality Study. Pediatrics* Vol 111, No. 5 May 1, 2003, 1207- 14

*R Y Moon, RP Oden, and KC Grady Back to Sleep: An Educational Intervention With Women Infants, and Children Program Clients Pediatrics, Vol. 113 No. 3, March 1, 2004, 542-7*

*Unger B, JS Kemp, D Wilkins, R Psara, T Ledbetter, M Graham, M Case, BT Thach Racial Disparity and Modifiable Risk Factors Among Infants Dying Suddenly and Unexpectedly. Pediatrics* Vol. 111, No. 2 February 1, 2003 e-127-31

*M. Willinger, CW Ko, HJ Hoffman, RC Kessler, MJ Corwin, Trends in Infant Bed Sharing in the United States, 1993-2000: The Nationals Infant Sleep Study. Arch Pediatric Adolescent Medicine, Vol. 157, No. 1, Jan. 1, 2003 43-9*