Crib Safety

What is SIDS?

- "SIDS" stands for Sudden Infant Death Syndrome.
- Sudden, unexplained death of an infant less than 1 year old.

What should I know about SIDS?

- Babies sleep safer on their backs.
- Babies should be placed on a firm sleep surface.

What can I do to lower my baby's risk of SIDS?

- Babies should be put on their backs to sleep for nap and at night.
- Keep toys, objects, and loose bedding out of your baby's sleep area.
- Do not allow smoking around your baby.
- Do not allow your baby to overheat during sleeping.

What about "tummy time"?

- Daily tummy time is necessary for normal development.
- Make sure your baby spends several hours on their tummy when they are awake and someone is watching.