

Sudden Infant Death Syndrome (SIDS)

& Safe Sleep Update

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After more than a decade of declining Sudden Infant Death Syndrome (SIDS) rates following the American Academy of Pediatrics "Back to Sleep" recommendation, SIDS deaths have begun to level off and may even be on the increase in North Carolina.



SIDS Facts ...

- In NC, approximately 100 babies die of SIDS each year.
- SIDS is the 3rd leading cause of infant death, following prematurity and birth defects.
- SIDS is not preventable, but **there are things that you can do to reduce your child's risk.**

SIDS Risk Reduction in Childcare Centers

Nearly 20% of all SIDS deaths occur in childcare centers. NC law now requires all licensed childcare providers caring for infants to:

- Place healthy babies on their backs to sleep.
- Develop a Safe Sleep policy.
- Participate in SIDS Risk Reduction trainings.



Forsyth County
Department of Public Health

For more information, call Rodd Smith at 703-3189.

Making Sleep Safer

The American Academy of Pediatrics offers these suggestions for safe sleep practices...

- Always put healthy babies on their backs to sleep for naps and at night.
- Check on sleeping babies frequently.
- Babies should only sleep in safety-approved cribs.
- Keep cribs free of toys, stuffed animals, and excessive bedding such as comforters, bumper pads, and pillows.



- Blankets should not cover the baby's head, but rather be tucked in along the sides and foot of the mattress.

- Avoid overheating. The temperature in the baby's room should be between 68°F and 72°F.
- Do not allow secondhand cigarette smoke around baby.
- Do not allow bed sharing or co-sleeping for babies.
- Awake babies need supervised tummy time."

