



THINGS YOU CAN DO TO LOWER THE RISK FACTORS OF SIDS:

Although the exact cause of Sudden Infant Death Syndrome (SIDS) remains unknown, there are a few things you can do to keep your baby as safe as possible.

The following information is available from your local SIDS foundations.

- Place your baby to sleep on his/her back in a crib with a firm fitting crib mattress, next to your bed (for the first 6 months).
- Remove all loose bedding and objects from your baby's crib.
- Do not let your baby become too warm. Check on them often. If they feel sweaty or clammy, remove a layer of clothing.
- Keep your baby's head uncovered.
- Do not smoke or do drugs near your baby. This applies to everyone who is in contact with your baby.
- Instruct your baby's caregivers about safe sleeping habits for your baby.
- Seek medical attention for your baby if they are not well.
- Give your baby plenty of tummy time while awake.

For more information, please contact Sleep Huggers Inc. at info@sleephuggers.com or visit our website at www.sleephuggers.com.