

→ PREVENTING SUDDEN INFANT DEATH SYNDROME (SIDS)



WHAT IS IT?



The definition of Sudden Infant Death Syndrome (SIDS) is the sudden death of a person less than one year old, the cause of which cannot be explained. In Western countries, this phenomenon occurs in less than 1-3 infants per 1,000 births.

HOW CAN IT BE PREVENTED?

Take the following precautions:



1. When putting the baby to sleep:
 - Posture: **facing upwards** until 6 months old, and preferably until 12 months old.
 - **A firm mattress**, with a sturdy surface and with appropriate dimensions for the crib.
 - Lay the baby at the **bottom** of the crib so their feet are close to the end.
 - Dress the baby according to room temperature, only covering them up to their armpits.
 - Leave the **head uncovered**.
 - Remove all other objects from the crib (pillows, toys, soft items...).



2. Concerning sleeping with babies, avoid the following situations:
 - After consuming **alcohol**.
 - In a **state of altered consciousness** (e.g.: following treatment with certain medications or after taking certain substances).
 - When **extremely tired**.
 - **On sofas or armchairs...** (only in bed).



3. Numerous studies suggest that **breastfeeding** is an additional protective factor that reduces the risk.



4. Keep the baby **close to an adult** whilst sleeping at least for the first six months of life.



5. **Do not smoke**, especially during pregnancy and following the birth.
6. Keep in smoke-free environments.

PREVENTIVE MEASURES FOR SAFE SLEEP IN BABIES

FROM 0 TO 6 MONTHS OF AGE

FACING UPWARDS



**Do not cover
the head to
sleep**



**Do not dress
warmer than
necessary:** dress
according to the
room temperature



**Place the baby in
the lower part of the
crib** and only cover
their body from the
armpits to the feet



**Always attend
to your infant if
they cry**



**Use a firm,
sturdy mattress
appropriate to
the dimensions
of the crib**



DO NOT SMOKE
100% smoke free
environment



**Do not put anything else in
the crib:** no pillows, no toys
and no soft items