

▶ What is SIDS? (Sudden Infant Death Syndrome)

- ▶ SIDS is the leading cause of death in infants ages one month to one year in the US.
- ▶ SIDS is often referred to the “diagnosis of exclusion” and used as a label for infant death that is not attributed to illness or other obvious causes.
- ▶ SIDS can occur in any sleep environment.
- ▶ Unsafe sleep is a risk factor for SIDS.

What does safe sleep look like?

1 Baby sleeps alone and only in these approved sleep spaces:



Crib



Bassinet



Pack and Play

2



Baby is placed on their back for all sleep times.

3

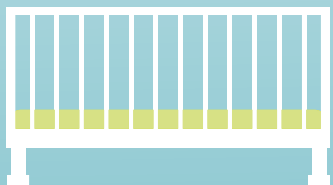
No co-sleeping



4

Safe sleep spaces do not have anything other than a fitted sheet on the mattress

No crib bumpers, blankets, pillows or objects in sleep space



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For more information about safe sleep or the Community Action Network, Call EveryStep at **(515) 558-9971**