

# Sudden Infant Death Syndrome

**What is Sudden Infant Death Syndrome?**

# Definition of SIDS

- SIDS is a death that occurs in an infant aged from birth up to 12 months. It occurs more often in the first 4 months.
- Sometimes it has a cause, but sometimes no cause can be found.
- It is not a SIDS death if the baby suffocated due to an unsafe bed or crib environment.

# What Can You Do as a Parent or Caregiver?

- You can create a safe sleeping environment for the baby. Click on the link below
- [https://www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/NICHD\\_Safe\\_to\\_Sleep\\_brochure.pdf](https://www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/NICHD_Safe_to_Sleep_brochure.pdf)  
[Sudden infant death syndrome.pptx](#)
- Safe sleep for baby! It saves lives

## Tell Other Caregivers About Safe Sleep For Baby

- Explain to others the safest way for your baby to sleep and tell them it must be this way all the time. Answer any questions they may have.
- Keep your baby safe. 😊