



For more information on sleep position for babies and reducing the risk of SIDS, contact the *Back to Sleep* campaign at:  
 Mail: 31 Center Drive, 31/2A32, Bethesda, MD 20892  
 Phone: 1-800-505-CRIB (2742)  
 Fax: (301) 496-7101  
 Web site: <http://www.nichd.nih.gov/SIDS>

*Back to Sleep* campaign sponsors include:  
 National Institute of Child Health and Human Development  
 Maternal and Child Health Bureau/HRSA  
 American Academy of Pediatrics • First Candle/SIDS Alliance  
 Association of SIDS and Infant Mortality Programs



National Institute of Child Health and Human Development  
 NIH Pub. No. 05-4978  
 November 2005



If you use a blanket, place the baby with feet at the end of the crib. The blanket should reach no higher than the baby's chest. Tuck the ends of the blanket under the crib mattress to ensure safety.

## Spread the Word!

Make sure everyone who cares for your grandbaby knows the Safe Sleep Top 10! Tell family members, babysitters, childcare providers, and other caregivers to always place your grandbaby on his or her back to sleep to reduce the risk of SIDS. Babies who usually sleep on their backs but who are then placed on their stomachs, even for a nap, are at very high risk for SIDS—so every sleep time counts!

## Enjoy Your Grandbaby!



### Fast Facts About SIDS

- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- Most SIDS deaths happen when babies are between 2 months and 4 months of age.
- The SIDS rates among African American and American Indian/Alaska Native infants have greatly declined in recent years. Still, these infants are much more likely to die of SIDS than white infants are.

## Babies Sleep Safest on Their Backs.

One of the easiest ways to lower your grandbaby's risk of SIDS is to put him or her on the back to sleep, for naps and at night. Health care providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die of SIDS when they sleep on their backs. Placing your grandbaby on his or her back to sleep is the number one way to reduce the risk of SIDS.

**Q. But won't my grandbaby choke if he or she sleeps on his or her back?**

**A.** No. Healthy babies automatically swallow or cough up fluids. There has been no increase in choking or other problems for babies who sleep on their backs.



**Safe Sleep**  
 for my  
**GRANDBABY**  
 Reduce the Risk of Sudden Infant Death Syndrome (SIDS)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
 National Institutes of Health  
 National Institute of Child Health and Human Development

# What is SIDS?

SIDS stands for sudden infant death syndrome. This term describes the sudden, unexplained death of an infant younger than 1 year of age.

Some people call SIDS “crib death” because many babies who die of SIDS are found in their cribs. But, cribs don’t cause SIDS.

## What Should I Know About SIDS?

Health care providers don’t know exactly what causes SIDS, but they do know:



**Babies sleep safer on their backs.** Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.



**Sleep surface matters.** Babies who sleep on or under soft bedding are more likely to die of SIDS.



**Every sleep time counts.** Babies who usually sleep on their backs but who are then placed on their stomachs, like for a nap, are at very high risk for SIDS. So it’s important for everyone who cares for your grandbaby to use the back sleep position for naps and at night.



**Communities across the nation have made great progress in reducing SIDS!** Since the *Back to Sleep* campaign began in 1994, the SIDS rate in the United States has declined by more than 50 percent.

<http://www.nichd.nih.gov/SIDS>



**Always place your grandbaby on his or her back to sleep.**

## What Can I Do to Lower My Grandbaby's Risk of SIDS?

Here are 10 ways that you and others who care for your grandbaby can reduce the risk of SIDS.

### Safe Sleep Top 10

- 1** **Always place your grandbaby on his or her back to sleep, for naps and at night.** The back sleep position is the safest, and every sleep time counts.
- 2** **Place your grandbaby on a firm sleep surface, such as on a safety-approved\* crib mattress, covered by a fitted sheet.** Never place your grandbaby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- 3** **Keep soft objects, toys, and loose bedding out of your grandbaby's sleep area.** Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your grandbaby's sleep area, and keep all items away from your grandbaby's face.
- 4** **Do not allow smoking around your grandbaby.** Don't smoke or let others smoke around your grandbaby.
- 5** **Keep your grandbaby's sleep area close to, but separate from, where you and others sleep.** Your grandbaby should not sleep in a bed or on a couch or a chair with adults or other children, but he or she can sleep in the same room as you. If the baby is brought into bed for feeding, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside cosleeper (infant bed that attaches to an adult bed) when finished.
- 6** **Think about using a clean, dry pacifier when placing your grandbaby down to sleep,** but don't force the baby to take it. (If your grandbaby is being breastfed, wait until your grandbaby is 1 month old or is used to breastfeeding before using a pacifier.)
- 7** **Do not let your grandbaby overheat during sleep.** Dress your grandbaby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.
- 8** **Avoid products that claim to reduce the risk of SIDS** because most have not been tested for effectiveness or safety.
- 9** **Do not use home monitors to reduce the risk of SIDS.** If you have questions about using monitors for other conditions talk to your grandbaby's health care provider.
- 10** **Reduce the chance that flat spots will develop on your grandbaby's head:** provide “Tummy Time” when your grandbaby is awake and someone is watching; change the direction that your grandbaby lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.

\* For information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



**Your grandbaby needs Tummy Time!** Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your grandbaby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.