

Sudden Infant Death Syndrome Facts:



- SIDS is the leading cause of death in infants between 1 month and 12 months of age.
- Approximately 60% of SIDS deaths occur when a baby is between 2 and 4 months old. 90% of all SIDS deaths occur before 6 months of age.
- African American and native American babies are 2-3 times more likely to die of SIDS than Caucasian babies.
- SIDS occurs more often during the colder months.
- Most babies that die of SIDS appear to be healthy prior to death.
- Boys are more likely to die from SIDS than girls.

In the October 2008 issue of Archives of Pediatrics and Adolescent Medicine, researchers in California reported a 72% reduction of SIDS when a fan was placed in a baby's room. The premise is that improved circulations of air reduces the risk. Keep in mind the fan needs to be used along with the other steps in order for it to be effective.



Important Note: Do not place the fan in the crib with the baby or too close to the baby. Also, make sure the fan and the cord are out of the baby's reach.

SIDS is not preventable...but the following steps can reduce the risk of Sudden Infant Death Syndrome



- Always place babies on their **BACK to SLEEP** at nap and nighttime.
- It is **RECOMMENDED** that babies use a pacifier at nap and nighttime for the first year if they will take one.
- **DO NOT SMOKE** while you are pregnant. Infants should not be exposed to second hand smoke after they are born.
- **AVOID** overheating: Do not overdress your infant or keep the room they sleep in too hot.
- **DO NOT** fall asleep with your baby or share a bed with your baby.
- Make sure anyone caring for your child such as a baby sitter, childcare provider or grandparent follows these steps too. **NEVER** assume they know about them.
- **TAKE CARE** of yourself and your baby. When you are pregnant see your doctor often and do not smoke, use drugs or alcohol. Take your baby to well-baby checkups on schedule.

Safe sleep practices for infants



- Place baby on his or her back on a firm tight fitting mattress in a crib that meets current safety standards.
- Parents and caregivers should be sure to remove pillows, quilts, comforters, bumper pads, sheepskins, stuffed toys, "positioners" and other soft objects from the crib.
- If using a blanket put baby with feet at the foot of the crib. Tuck a thin blanket in securely around the crib mattress. The blanket should be no higher than baby's chest. The other option is to use a Halo Sleep Sack. This is a wearable blanket that replaces loose bedding in the crib that can cover your baby's face and interfere with breathing. The Halo Sleep Sack is the leading safe sleep product.
- Make sure your baby's head remains uncovered during sleep.
- Do not place baby on a waterbed, sofa, soft mattress, pillow or other soft surface to sleep.

The picture shown here is a perfect example of what an infant going to sleep in a crib should look like. Back to sleep, on a firm mattress in a safe crib, with



no bumper pads or other soft objects in the crib. The baby's feet are at the foot of the crib and the blanket is tucked in securely around the mattress. The blanket is no higher than the baby's chest. There is nothing that could possibly cover the baby's face or limit air flow around the sleeping baby.

Understanding SIDS

Triple Risk Theory

1st element = critical development period

• This is typically during the first 6 months of life where the baby is growing and developing very rapidly. This rapid growth can make a baby's system become unstable.

2nd element = the vulnerable infant

• Some infants have an underlying abnormality in the base of their brainstem that controls respiration, heart rate, thermoregulation and other major bodily functions during early life.

3rd element = external stressors

• These are outside or environmental challenges which a normal baby can easily overcome and survive, but that an already vulnerable baby might not. Stressors such as exposure to 2nd hand smoke or tummy sleeping alone do not cause death for healthy infants, but could trigger a sudden unexpected death in a vulnerable infant. **ALL 3 ELEMENTS** must come together for SIDS to result. Unfortunately at this time there is no way to identify which babies are at an increased risk as a result of this brainstem abnormality.

Humans exhale carbon dioxide or "bad air". This is normal, we all do it. If a baby is sleeping on their tummy, or soft, fluffy or loose bedding or other objects are in their sleep area, the carbon dioxide can build up around their head and face. So rather than breathing fresh air, the baby breathes bad air. To a normal healthy baby breathing the bad air would not cause a problem. The brain would tell them that they are breathing too much carbon dioxide and they would cough, cry, turn their head or do something to get themselves out of the challenging situation. To a baby predisposed to SIDS (Triple Risk) their brain does not tell them there is a problem, so they continue to breathe the bad air, which can then cause them to die suddenly and unexpectedly. The same theory holds true for overheating – a healthy baby's brain recognize the problem and attempts to correct it. A baby predisposed to SIDS overheats – but nothing happens to correct the situation. Since there is no way to identify which babies are at a higher risk, it is important that all babies be cared for by following all of the steps in this brochure.

*Information obtained from FirstCandle.org

Back Is Best for Baby's Sleep

"Now you lay me down to sleep
on my back for safest keep.
It's tummy time when I'm awake,
but back is best for sleeping breaks.

Keep quilts, toys, and pillows out of my bed.
Never put covers over or beneath my head.
Cigarettes are bad for me.
Please keep my environment smoke-free.

These may be many rules to know,
but minding them will help me grow!
Remember this rhyme when caring for kids,
and help reduce the risk of SIDS."

Author Unknown



When your baby is awake, put them on their tummy to play. Make sure someone is always watching the baby during tummy time. "Tummy Time" will strengthen your baby's neck and shoulder muscles.

**"Each new life...No matter how fragile or brief...
Forever changes the world."**

Cody Thomas Arbour was only with us for a brief time when he died from SIDS at the age of 4½ months old.

Because of Cody...a Not-For-Profit was created to educate others about SIDS and Safe Sleep for Babies.

Educate everyone you know who cares for babies about these important safety tips.

G&G Printing is proud to support SIDS awareness.
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*In Loving Memory
of Cody Thomas Arbour*



**Because of Cody...
We are dedicated to
SIDS Education**

Please help us
spread the word.

Educate Yourself and Others.



For more information on SIDS go to:
www.becauseofcody.org
Contact us at info@becauseofcody.org