



Grandparents play an important role in the lives of their grandchildren.

Did you know that the rules for keeping your grandbaby safe while he sleeps have changed since your children were babies? The American Academy of Pediatrics now states that babies should always be put to sleep on their back, not their stomachs.

SIDS stands for Sudden Infant Death Syndrome. It means that a baby dies in his sleep and the doctors cannot find any other cause of death. **SIDS** occurs quickly and without warning. **SIDS** happens in families of every background.

If you have questions on any of these steps, you should **talk to your son or daughter and their spouse**. It is so important that everyone who cares for your grandbaby follow these Safe Sleep Steps.

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

"Because of Cody..." has created this informational brochure for Grandparents in Loving Memory of Cody Thomas Arbour.

*Cody died of SIDS on Sept 26, 2008
at the age of 4 1/2 months old.*

Because of



We are dedicated to SIDS Education

For more information about this brochure, go to:
www.becauseofcody.org
Contact us at: info@becauseofcody.org

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345 W. Broadway, Bradley, IL 60915 815-933-8181
broadwayprinting@sbcglobal.net

Safe Sleep Steps for Your Grandbaby



Cherished moments of Cody with his grandparents.

It is important for you to know and follow these important steps to help reduce your grandbaby's risk of Sudden Infant Death Syndrome (SIDS).

Safe Sleep Steps:

1.) Always place your grandbaby on their **BACK TO SLEEP** at nap and nighttime.

A few years ago, researchers discovered that babies who sleep on their stomachs have a greater chance of dying of **SIDS** than those who sleep on their backs.

Note: Doctors tell us that babies are actually less likely to choke while sleeping on their back than those that sleep on their stomach.

2.) Place your grandbaby on a firm mattress that fits tightly in a safety approved crib with a snug fitted sheet. **A crib is the safest place for your grandbaby to sleep.** If you don't have a crib, you could use a playpen that is safety approved by the U.S. Consumer Product Safety Commission (CPSC).

3.) **Baby should always sleep alone in their crib.** It is very important that your grandbaby not share a bed with an adult or another child. Do not fall asleep with your grandbaby on a couch or in a chair.

4.) **Remove all pillows, quilts, comforters, bumper pads, stuffed toys, positioners and other soft objects from the crib.**



5.) **Never** place your grandbaby to sleep on top of an adult bed, sofa, chair, quilt, comforter or other soft surface.

6.) **Use a fan in your grandbaby's room.** This will improve circulation and lower the risk of carbon dioxide pooling around the baby's nose and mouth.

7.) **Make sure your grandbaby does not overheat.** Keep the room they sleep in between 68-72 degrees. Dress your grandbaby with the same amount of clothing that you are wearing. Babies that get too warm are at greater risk to die of SIDS.

8.) Consider using a Halo Sleep Sack (this is a wearable blanket) or a blanket sleeper instead of using a blanket. This will **ensure that a blanket does not cover your grandbaby's face** and interfere with breathing.

9.) **Make sure** your grandbaby's head remains uncovered during sleep.

10.) If using a blanket put your grandbaby with **FEET** to the **FOOT** of the **CRIB**. Tuck a thin blanket in securely around the crib mattress. The blanket should come up no higher than the baby's chest. (see picture to right for an example of how this should look)



11.) **Babies should not be exposed to second hand smoke** because the risk of **SIDS** is much greater for those babies. Since smoke drifts and can cling to rugs, curtains and furniture, it is best to keep your house smoke-free if at all possible. If you do smoke, smoke outside and wear a coat or other covering that can be removed before holding the baby. Never smoke or allow others to smoke in the car if your grandbaby is a passenger.

12.) Babies who use a pacifier at nap and nighttime for the first year, if they will take one, are at a reduced risk of dying from **SIDS**. The American Academy of Pediatric Dentists say that pacifiers will not harm your grandbaby's teeth as long as it is stopped by the time they are three years old.



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. Tummy Time can also keep your grandbaby from getting a flat spot on the back of his head. Remember, never leave your grandbaby alone during tummy time. If he gets tired, place him on his back in a safe crib for a nap.

