



CHILDREN'S HEALTH, PLLC

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INFANTS • CHILDREN • TEENS

What you can do to reduce the risk

To reduce the risk of sudden infant death syndrome

- Place babies on their backs to sleep, even for naps.
- Put them on a firm sleep surface, such as a safety-approved crib mattress covered with a fitted sheet.
- Don't put babies on pillows, quilts, sheepskins or other soft surfaces to sleep.
- Keep soft objects, toys, blankets, pillow-like bumpers and loose bedding out of the infant's sleep area.
- Keep all items away from the infant's face.
- Dress the infant in light sleep clothing and keep the room at a temperature that's comfortable for an adult. Don't let the baby overheat.
- Think about using a clean, dry pacifier when placing the infant down to sleep, but don't force the baby to take it. (If you're breastfeeding, wait until your child is 1 month old or used to breastfeeding before using a pacifier).

Other steps that may help:

- Don't smoke around babies.
- Don't place them on couches to sleep (Someone might sit on the baby or the child might fall between the cushions.)
- Don't let babies share a bed with you or other people (siblings, adults). Be very careful if you do.

More information:

www.nichd.nih.gov/sids/FQ_bed_sharing.cfm

Sources: National Institute of Child Health and Human Development; Louisville Metro Department of Public Health & Wellness.

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