

Seven rules to follow for preventing SIDS (sudden infant death syndrome)

1. Sleeping position

Always place the baby on their back to sleep at bedtime and nap time (not on their belly or side).



2. The bed

Babies should sleep on a flat, firm surface such as a bassinet, crib or bedside sleeper. The mattress should be firm and covered with fitted sheet.

Do not use mattress toppers, pillows, blankets or bumpers.

Do not let the baby fall asleep or lay on a bed, couch, chair or other soft surface.



3. The bed – part two

Babies should not share a bed with adults. This is called co-sleeping and is unsafe.

After feeding or rocking always return the baby to the crib or bassinet before you fall asleep.

When the baby dozes off in the car seat or stroller switch to the bassinet or crib as soon as you can.



4. Hazards

Keep stuffed animals, toys, or any other items out of the bed and always keep the crib empty. These are hazards and will lead to suffocation.

Keep hanging objects like cords and curtains away from the baby's bed.



5. Pacifiers/dummies

Pacifiers can help reduce the risk of SIDS.

BUT never hang the pacifier around the baby's neck and never attach it to clothes or toys.

If the pacifier falls out during sleep, you don't have to replace it.



6. The room

Keep the room temperature comfortable and do not over bundle the baby.

Watch for signs for overheating such as sweating or feeling hot to the touch.



7. The baby's health

Help the baby stay safe by keeping cigarettes and smoke away.

Make sure all vaccines are given on time.

