

What You Need to Know About SIDS....

Information for Child Care Workers

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of a baby under one year of age that remains unclear after a complete investigation, which includes an autopsy, examination of death scene, and review of the symptoms or illnesses the baby had before dying.

The baby dies quickly, without warning, and usually during sleep. SIDS is sometimes called “crib death”, but cribs do not cause SIDS.

SIDS is a major cause of death of babies 1 month to 1 year of age.

What are some important facts to know about SIDS?

SIDS is **not** caused by child abuse.

Babies do **not** have to be sick to die from SIDS.

SIDS is **not** caused by “baby shots”.

SIDS is **not** passed from one baby to another.

SIDS is **not** preventable, but there are ways to lower the risk.

What should I know about SIDS if I care for infants in day care?

Always put babies on their back to sleep.

MSDH Child Care Regulations (Section 9-4, E) require that “an infant shall not be placed on his stomach for sleeping unless written physician orders are in the child’s record”.

Research has proven that fewer babies die when placed on their backs.

Talk with parents about infant sleep position.

While awake, babies need “tummy time” to develop strong muscles.

Place babies in safe cribs.

The safest place for babies to sleep are in cribs with firm mattresses.

All soft things, like pillows or stuffed toys, should not be in the cribs.

Keep babies from getting too hot.

Do not overdress babies for sleep. Too many layers of clothing and blankets can overheat babies.

Keep babies’ heads and faces uncovered during sleep.

If you use blankets, make sure the blankets come no higher than the babies’ chests and are tucked in.

The temperature in the sleeping area for babies should be kept at a level that is comfortable for adults.

Sources: Healthy Child Care America and National SIDS/Infant Death Program Support Center

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