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What is Sudden Infant Death Syndrome?

Sudden Infant Death Syndrome (SIDS) is the medical term used when an infant dies in their sleep, suddenly and without a cause that can be determined. **Here are specific messages caregivers can share with parents to reduce the risk of SIDS:**

- Babies should ALWAYS be put to sleep on their backs.
- Whether in a crib, bassinet or in bed with parents make sure baby is not too warm and that bedding is tight fitting.

- There should not be any toys, pillows, or loose blankets around a sleeping baby.
- Avoid exposing babies to cigarette smoke.
- Parents who have been drinking, using drugs, taking sleeping medication or are overly tired should not co-sleep.

Information from ZTT Babies and Sleep Safety Key Topics. (Parlakian & Lerner)