

# Pregnant or a New Parent?



## Sudden Infant Death Syndrome (SIDS)

### What is SIDS?

- SIDS is the sudden and unexpected death of a healthy baby under 1 year of age.
- SIDS is also known as crib death as it often happens when a baby has been sleeping and does not wake up.

### **SIDS is not the parent, caregiver or family's fault and it cannot be predicted.**

No one can explain why babies die of SIDS but there are steps you can take to lessen the risks.

### What can I do before my baby is born?

- Take care of yourself during pregnancy.
- Be sure to visit a health care provider for regular prenatal checkups.
- Don't smoke and avoid other people's smoke. Regular exposure to second-hand smoke may harm you and your unborn baby.

### What can I do after my baby is born?

- Don't smoke and avoid other people's smoke. Regular exposure to second-hand smoke may harm you and your baby.
- Consider breastfeeding your baby; it may help to reduce SIDS.
- Put your baby to sleep on his/her back, not on their tummy or sides.
- Put your baby to sleep on a firm, flat surface with no toys, bumper pads or pillow.
- Make sure your baby can't fall out of bed.
- Keep your baby warm, not hot. Use only a light blanket to cover him/her.
- Do not sleep with your baby while sitting or lying on the couch, chair or recliner. Your baby could fall and suffocate between the cushions.
- Do not put a baby under 1 month of age to sleep in a car seat if not in the car.
- Do not put a baby under 1 month of age to sleep in a swing or hard plastic carrier.



## Learn more about nutrition, health and your developing baby, and the Prenatal Benefit.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.