

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.

Website: manitoba.ca/healthybaby

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.