

# Tips To Help Avoid Sudden Infant Death Syndrome (SIDS)



Use a firm, flat mattress for babies, and avoid soft mattresses, waterbeds, or sofas.



Keep the crib simple and free of wedges, quilts, or comforters.

Make sure the baby's feet can reach the bottom of the crib.



Do not cover the baby's head with blankets; only cover up to the chest with arms exposed.



Maintain a relaxed sleeping environment at around 20°C for the baby.



Offer a pacifier at sleep times, but do not force it if the baby does not want it.

Do not use products that claim to prevent or reduce sudden infant death syndrome (SIDS), as there is no known way to do so.



Do not let infants share a bed with parents or others.

Share the same room with your baby for breastfeeding and stay in close contact.

