

SIDS Tips

From the AAP

01



FLAT FIRM SURFACE

The baby should sleep on a firm, flat noninclined surface that, at a minimum, adheres to the June 2021 Consumer Product Safety Commission's rule that any infant sleep product must meet existing federal safety standards for cribs, bassinets, play yards, and bedside sleepers. Parents should not use products for sleep that aren't specifically marketed for sleep.

02



DO NOT SLEEP IN SITTING DEVICES

Sitting devices, such as car seats, strollers, swings, infant carriers, and infant slings, are not recommended for routine sleep in the hospital or at home, particularly for infants younger than 4 months.

03



BREASTFEEDING REDUCES SIDS

Breastfeeding reduces the risk of sleep-related infant deaths, and while any human milk feeding is more protective than none, 2 months of feeding at least partial human milk feeding has been demonstrated to significantly lower the risk of sleep-related deaths. The AAP recommends exclusive human milk feeding to 6 months, with continuation of human milk feeding for 1 year or longer as mutually desired by parent and infant.

04



SAFE ROOM SHARING

AAP recommends that parents sleep in the same room – but not in the same bed as a baby, preferably for at least the first six months. Avoid parent and infant exposure to nicotine, alcohol, marijuana, opioids, and illicit drugs.

05



WHAT ELSE CAN YOU DO TO REDUCE SIDS?

Pacifier use is associated with reducing risk.

So is regular supervised awake tummy time sessions!

Swaddles can be used until your baby is rolling over. Baby must be on their back in a swaddle. Weighted saddles and sleepsacks are NOT recommended and not safe, according to the AAP. Commercial devices such as monitors that claim to reduce SIDS are not AAP approved. Hats are not recommended due to temperature concerns