



Information for Parents and Caregivers

SUIDS

Definition:

Sudden Unexpected Infant Death Syndrome

Infant deaths that:

- Occur suddenly and unexpectedly
- Have no obvious manner and cause of death prior to investigation

Excludes deaths with an obvious cause, such as, motor vehicle accidents

Potential Risk Factors:

Smoking during pregnancy and in the home- **Keep a Tobacco free Environment**

Babies sleeping on their stomach- **Sleep Babies on their Back**

Too many clothes on baby- **Cuddle not Bundle the child**

Over-Cluttered cribs (too many sheets, blankets, toys, etc...)- **Baby sleeps alone**

Sleeping Environment:

Co-Sleeping- Do not let children sleep with any person or animal

Bassinette or crib next to the bed is best

Breastfeeding- “Breast is Best”

Breastfeeding has many benefits for mother and babies.

Breastfeeding helps to keep babies healthy and well

Do not sleep with baby after breastfeeding

For Further information:

Center for Disease Control-CDC- www.cdc.gov/sids/suid.htm

Early Learning Coalition of Southwest Florida-ELC-www.elcofswfl.org

Department of Family and Children- www.dcf.state.fl.us

Healthy Start- www.collierhealthdept.org/services/Healthy_Start/health_start.html

#1 Reason Nationwide Why our Babies are Dying

