

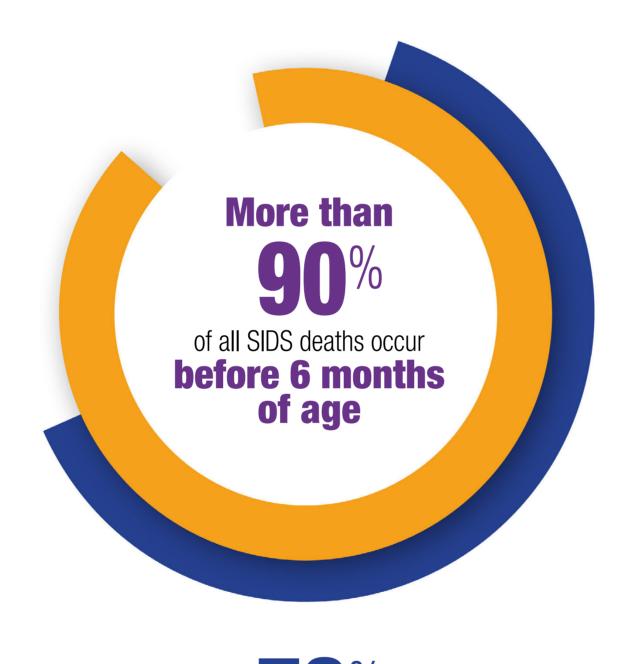
Sudden Infant Death Syndrome (SIDS)

is the leading cause of death among infants between 1 month and 1 year of age.

 Age by Month
 1
 2
 3
 4
 5
 6
 7
 8
 9
 10
 11
 12

Even though SIDS can occur any time during a baby's first year, **most SIDS deaths** occur in babies between **1 and 4 months** of age.

SIDS is less common after 8 months of age, but parents and caregivers should continue to follow safe sleep practices to reduce the risk of SIDS and other sleep-related causes of infant death until baby's first birthday.



72% of SIDS deaths occur in Months 1–4

To reduce the risk of SIDS and other sleep-related causes of infant death:

Always place baby on his or her back to sleep, for naps and at night.



Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.



Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet with no other bedding or soft items in the sleep area.



Breastfeed your baby to reduce the risk of SIDS.





Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

http://safetosleep.nichd.nih.gov

*For information on crib safety, contact the CPSC at 1-800-638-2772 or http://www.cpsc.gov.











