

## Crib Death Facts:

- Crib death is the same as Sudden Infant Death Syndrome (SIDS).
- SIDS claims the lives of thousands of American babies each year—nearly one baby for every 1,000 live births.
- SIDS victims appear healthy prior to death.
- Currently, SIDS can not be predicted or prevented, even by a physician.
- There appears to be no suffering; death occurs rapidly, usually during sleep.
- SIDS is not caused by vomiting and choking.
- SIDS is not contagious.
- SIDS is not caused by immunizations.
- SIDS is not new. It has been around for over 2,000 years.



Help keep your baby safe from SIDS!

**For You  
Grandma...**



**Preventing  
Crib Death:**  
Very special  
instructions  
on caring for your  
new grandchild

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For more information about SIDS contact the SIDS network at  
(800) 477-7437, or at <http://SIDSNET@SIDS-Network.org>

## The Truth About Crib Death



Remember to always put your child to sleep on his or her back.

Crib Death is the #1 cause of death for babies under 1 year of age. Many more children die from crib death in a year than all the other children who die of cancer, heart disease, pneumonia, child abuse, AIDS, cystic fibrosis and muscular dystrophy combined.

### Grandparents can help protect babies against crib death by knowing that:

1. Babies are safer on their backs.
2. Babies are safer sleeping alone, in a crib.
3. Smoking around the baby increases the risk of crib death.
4. Cuddly toys, soft blankets, and too many covers and padding are unsafe.
5. Dress babies so that they will not get too hot. They usually need one layer more than an adult.
6. Breastfeeding decreases the risk of crib death, so encourage moms to breastfeed their babies.

### What can I do to help protect my grandchild?

As loving grandparents you can help teach new moms about crib death. Tell them the facts about safe sleep:

### **BABIES ARE SAFER ON THEIR BACKS.**

Pass the word on to baby-sitters, relatives, neighbors, church nursery workers, daycare workers and close friends:



Your grandchildren can grow up happy and healthy with your help!

### **PUT BABIES TO SLEEP ON THEIR BACKS!**



You can help keep your grandchild safe by educating his other caregivers.