

SAFETY TIPS



- Place your baby on their back when they are going to sleep.
- Choose a crib that meets current Health Canada safety regulations.
- Only use a mattress that is firm and fits the crib tightly.
- Have your baby sleep in a crib next to your bed for the first 6 months.
- Do not share a bed or couch with your baby while you are sleeping.
- Remove all toys and bedding from your baby's crib – leave only a fitted sheet.
- If you use a blanket, select a thin, lightweight one and tuck it firmly into the sides of the mattress.
- Make sure your baby is not too hot.
- Keep your home smoke-free.
- Breastfeed your baby, it may give some protection against SIDS.
- For approved cribs and other safety information visit Health Canada's website: www.hc-sc.gc.ca

In case of emergency call 911 immediately.

For information or to find settlement services near you, visit www.settlement.org

Your organization here



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Reviewed by the Canadian Foundation for the
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SIDS: English Syndrome de mort subite du nourisson; Anglais




NEW in CANADA
PARENTING
SUPPORT

Learn about
Sudden
Infant Death
Syndrome



CHILD SAFETY Series

Be safe

 The arrival of a baby is a true joy. Though, becoming a parent can be challenging too. This can be especially true for those who are living in a new country. The information in this brochure will help you to reduce the risk of Sudden Infant Death Syndrome (SIDS).

What is SIDS?

SIDS is the sudden, unexpected, unexplained death of an apparently healthy baby that is 1 year of age or younger. It usually occurs during sleep.

SIDS claims the lives of many infants. It is not fully understood, even by experts. Studies have shown, though, that you can reduce the risk.

While you are pregnant, you can eat right, exercise and avoid smoking. See a doctor as soon as you learn that you are pregnant.



What you can do

A safe night's sleep

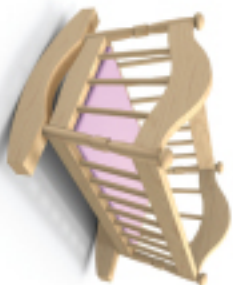
Once your baby arrives, there are other ways to help reduce the risk.

Make sure your baby always sleeps on their back. SIDS does not happen as frequently when babies sleep on their backs.

For the first 6 months, the safest place for your baby to sleep is in a crib beside your bed. Choose a crib that is approved by Health Canada. Make sure the mattress is firm and closely fits the crib with no gaps. Cover the mattress with a tightly fitted sheet. Place the crib away from heaters, electrical outlets and direct sunlight.

When your baby is going to sleep take all toys out of the crib. Also remove all blankets, pillows, stuffed animals and bumper pads. If you use a blanket, use a light thin one. Tuck it firmly down the sides of the mattress. This reduces the risk of your baby turning on their side or stomach while they are sleeping.

Though you may believe that sleeping with your baby is a good way to bond, it can increase the risk of SIDS. Babies can get trapped in blankets, under you or in cushions. If this occurs they can suffocate.



Babies need to be warm—not too hot or cold. If the temperature in the room is comfortable for you, it's fine for your baby. Touch the back

of your baby's neck to make sure they are not too hot.

Be healthy

While you are pregnant do not smoke and do not expose yourself to second-hand smoke. Once your baby is born, keep your home smoke free. Smoking increases the risk of SIDS.

Breastfeeding is good for your baby. It has many benefits and may give some protection against SIDS.

