



*A life so brief, and yet you moved
the world*

SIDS- Sudden Infant Death Syndrome

SIDS PREVENTION KIT BY



Women's Multispeciality Hospital



By femcity

TOTAL WOMAN AND CHILD CARE HOSPITAL


CHECKLIST



Check whether the crib is safe- No bolts or nuts loose.



Ensure Baby's sleep position is correct ON BABY'S BACK .Use the Guide that follows.



Double check to see there are no blankets or pillows or loose sheets around. Use the Hazardous Items list below.



Take off any loose items, such as a hat or bow that baby is wearing.



If baby has a pacifier ensure it's not clipped to a string or a loose ribbon

BABY SLEEP POSITIONS



**Baby
should
always,
always
sleep on
his back**



BABY SLEEP POSITIONS



Baby
should
NOT sleep
on his
tummy



BABY SLEEP POSITIONS



Baby
should
NOT
sleep on
pillows
or
bolsters



BABY SLEEP POSITIONS



Baby
should
NOT sleep
with
cuddly
toys **OR**
any toys



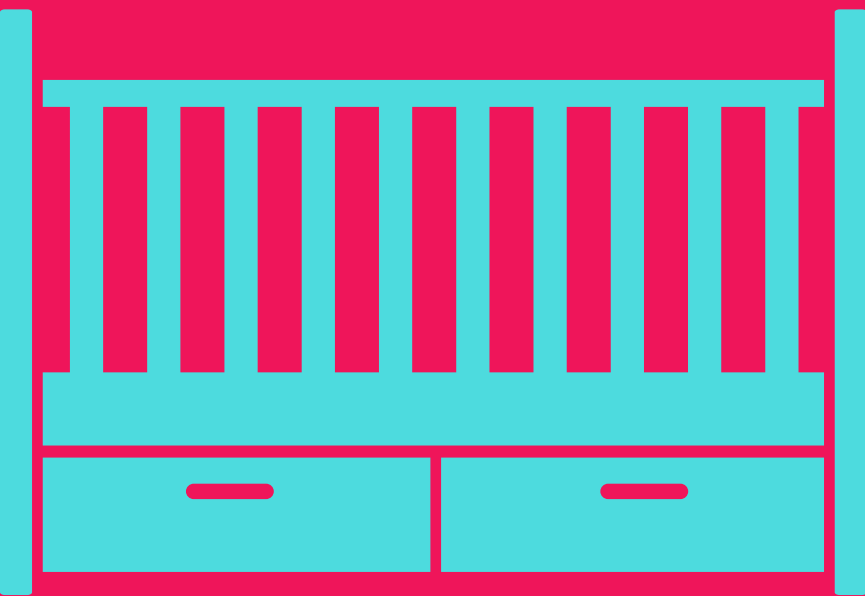
BABY SLEEP POSITIONS



Baby
should
NOT sleep
on parents
bed



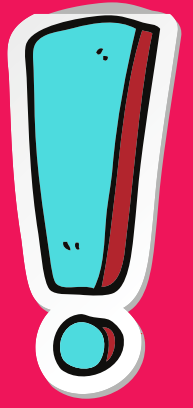
BABY SLEEP POSITIONS



Baby
should
sleep on a
FIRM
mattress



Hazardous Items



**Pillows
Bolsters**

**Bumpers
Loose
Sheets**

**Toys,
Cuddly
Toys**

**Hats
Ties
shawls**



**Loose
Swaddles**

**NO
Blankets.
Use a
Sleeping
suit**

**Cigarette
Smoke**

**Loose
Hanging
Toys**

SWADDLING TIPS



Don't swaddle too tightly



Baby should be able to move naturally



Hands over heart sleeping Position



Don't double swaddle



Move to Swaddle free sleep when Baby starts to roll



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**KEEPING BABY AND MOM
SAFE**

ALWAYS



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