

# Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY

## SUDDEN INFANT DEATH SYNDROME (SIDS)



Sudden Infant Death Syndrome (SIDS) also known as “crib death” or “cot death”, is the death of a seemingly healthy infant, usually during sleep between the ages of one month and one year old.

Most SIDS cases occur between two and four months. More boys are affected than girls. Infants whose mothers used drugs, drank alcohol or smoked during pregnancy stand a higher chance of suffering from SIDS. Some environmental stresses can also contribute to SIDS such as; Smoking in the room where the baby sleeps, the baby getting tangled in bedding, co-sleeping with your baby in a bed/sofa or chair, a minor illness or a breathing obstruction.

### Wrong Sleep Position!



Stomach sleeping has been identified as the top most risk factor in SIDS. Several studies show higher incidence of SIDS in babies put to sleep on their stomach.

In 1992 the American Academy of Paediatrics (AAP) launched the “BACK TO SLEEP” campaign, where all care givers are encouraged to place all infants younger than one year on their backs to sleep. Since then in America and Europe the recorded number of deaths from SIDS has reduced by more than fifty percent.

### KEEP BABIES SAFE WITH THESE IMPORTANT RECOMENDATIONS :

### Remember the ABC's of safe sleep for Babies .

- ⇒ On their backs, “feet to foot” position
- ⇒ On a firm mattress
- ⇒ No pillow
- ⇒ No bumper
- ⇒ No stuffed toys
- ⇒ No sheet/blanket or if required then the sheet/blanket must never go over the babies arms and head
- ⇒ No smoking in the room where baby sleeps

### I Sleep Safest

Alone  
On my Back  
In my Crib



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