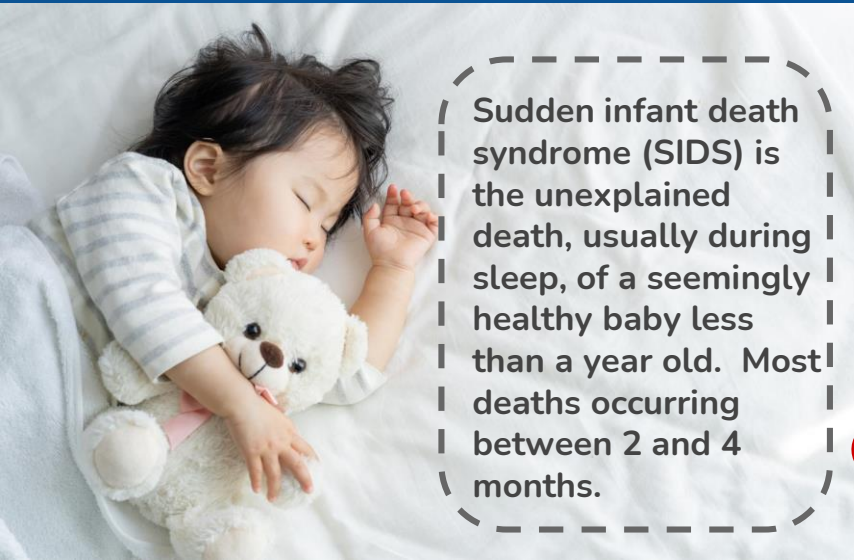


Protect Your Baby from SIDS



Sudden infant death syndrome (SIDS) is the unexplained death, usually during sleep, of a seemingly healthy baby less than a year old. Most deaths occurring between 2 and 4 months.

Potential causes:

Babies have a delay in the development of or an abnormality in the part of the brain involved in breathing and waking.

Factors associated with SIDS

1. Premature or low birth weight babies
2. Dangerous sleeping environments
3. Maternal substance use, e.g. tobacco, alcohol and prescription pain medications.

Safe Sleeping Environments for Baby

- 1 Let baby sleep by themselves
- 2 Position baby on their back for sleeping
- 3 Put nothing in baby's sleep area
- 4 Do not overdress baby
- 5 Do not smoke around baby
- 6 Have a firm crib mattress
- 7 Never put a baby to sleep on a couch or adult bed
- 8 Leave baby's face uncovered



If you have questions about your baby's health, please talk to your pediatrician ASAP!



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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