



FACTSHEET

Sudden Infant Death Syndrome (SIDS)

"This is my son Tim in 1989. At age 5, he tried twice to jump through dangling blind cords, leaving devastating raw, bleeding edges. Fortunately he is a very tall, gorgeous young man now and we are very blessed to have him." ~ *Monica Rich*



IMPORTANT

REF: SIDS and Kids web site

www.sidsandkids.org

SIDS is short for 'Sudden Infant Death Syndrome' and used to be called 'cot death'. It means the sudden, unexpected death of a baby from no known cause. SIDS is the most common cause of death in babies between one month and one year of age. Most babies who die of SIDS are under six months.

It is still not clear what causes SIDS. Some factors are thought to work together to reduce the risk of SIDS, but they may or may not help prevent any one SIDS death.

Remember, 1999 out of 2000 babies will not die of SIDS.

If you have any questions at all, about how to reduce the risk of SIDS and sleep your baby safely, there are a number of ways you can get answers to your questions.

Visit the SIDS and KIDS site (above) and talk to your doctor or child health nurse.

This SIDS and KIDS site is very comprehensive and I strongly encourage you to access it.

Monica