

ASSOCIATES IN PEDIATRICS, S.C.

REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS)

Back to sleep. Place baby on his/her back on a firm, tight-fitting mattress in a crib that meets current safety standards.

Provide a firm sleep surface. Remove pillows, quilts, comforters, sheepskins, pillow-like stuffed toys and other pillow-like soft products for the crib. Do not place baby on a waterbed, sofa, soft mattress, pillow or other soft surface to sleep.

Avoid overheating. Consider using a sleeper as an alternative to blankets with no other covering. If using a blanket, put baby with his/her feet at the foot of the crib. Tuck a thin blanket around the crib mattress, only as far as the baby's chest. Make sure your baby's head remains uncovered during sleep.

Provide a separate sleeping environment. Do not allow baby to sleep in a crowded bed or a shared crib. Infants may be brought into bed for nursing or comforting but should be returned to their own crib when the parent is ready to sleep. No one should sleep with an infant on a couch or armchair.

Consider offering a pacifier at naptime and bedtime. The pacifier should not be reinserted once baby falls asleep. An infant should not be forced to take the pacifier. For breastfed infants, delay pacifier introduction until 1 month of age to ensure that breastfeeding is firmly established.

Avoid commercial devices marketed to reduce the risk of SIDS.

Do not use home monitors to reduce the risk of SIDS.

Provide a smoke-free environment.

Avoid development of abnormally shaped head. Encourage "tummy time" While supervised, position baby on tummy when awake for play time. Avoid having the infant spend excessive time in car seat carriers and "bouncers". Alter baby's head position during sleep.

Following these few recommendations will greatly reduce you infant's likelihood of dying from SIDS. In addition to reducing the number of SIDS cases, these measures will also reduce the accidental infant deaths due to entrapment, overlaying and accidental suffocation.

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Reduzca el riesgo del síndrome infantil repentino de la muerte

Coloque a bebe en su parte posterior en una firma, colchon ajustado en un pesebre que resuelva estandares de seguridad actuales.

Quite las almohadillas, edredones, comforters, zaleas, almohadilla-como los juguetes rellenos y otro almohadilla-como productos suaves del pesebre.

Si usa una manta, ponga a bebe con sus or sus pies en el pie del pesebre. Remeta una manta fina alrededor del colchon del pesebre, solamenta hasta el pecho del bebe.

Se cerciora de el restos principal de su bebe destapado durante sueno.

No coloque a bebe en la cama del agua, el sofa, el colchon suave, la almohadilla o la otra superficie suave para dormir.

No permita que el bebe duerma en una cama apretada o un pesebre campartido.

Proporcione un ambiente humo-libre.

Despues de estas pocas recomendaciones reducira grandemente su posibilidad de los infants de morir de síndrome infantil repentino de la muerte. Ademas de reducir el numero de los casos infantiles repentinos del síndrome de la muerte, estas medidas tambien reduciran las muertes infantiles accidentals debido a la trampa, a la sobreposicion y al suffocation accidental.