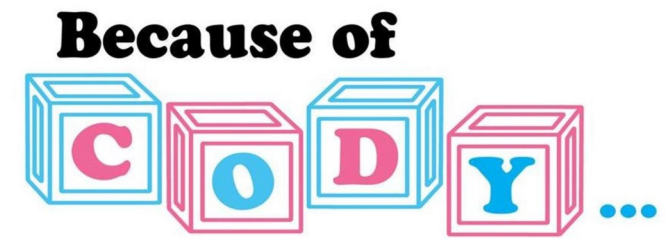




**The risk of SIDS & other sleep related infant deaths can be SIGNIFICANTLY reduced by following these Safe Sleep Steps!**

- **ALWAYS** place babies on their **BACK TO SLEEP** for every nap and at night.  
\* When baby can roll over (**both ways**) they can sleep however they choose.
- Babies should **ALWAYS** sleep **ALONE** in a **safety approved CRIB** with a **FIRM mattress** that is **covered with a SNUG FITTED sheet** for every nap and at night.  
\* A safety approved **PLAYPEN** is an **ACCEPTABLE** substitute.
- **Room-sharing** is **RECOMMENDED**. **Bed-sharing** is **NOT RECOMMENDED**.  
\* **DO NOT** fall asleep with a baby on a couch or chair.  
\* **DO NOT** put baby to sleep on an adult bed or any soft surface.
- Bumper Pads, Blankets, Pillows, Positioners, Wedges & Stuffed Toys should **NOT be in the baby's crib** while they sleep.  
\* These items put babies at a **HIGH risk of suffocation**.
- A **HALO Sleep Sack**, blanket sleeper or an extra layer of clothing could be used **INSTEAD of a blanket** to keep baby warm.
- **DON'T SMOKE** during pregnancy and **DON'T expose babies to 2<sup>nd</sup> or 3<sup>rd</sup> hand smoke**.
- Make sure baby **DOES NOT OVERHEAT!**  
\* **DON'T overdress baby**. Babies need **no more than** 1 extra layer of clothing than an adult is wearing.  
\* Keep the room temperature between 68-72 degrees.  
\* Make sure **baby's HEAD** remains **UNCOVERED during sleep**.  
\* **NO HAT** is needed **after baby is sent home from the hospital** unless they are going out in the cold or wind.  
\* Do **NOT cover baby** with or **wrap baby** in **thick, fluffy blankets**.  
\* If you take your baby out in the cold, don't forget to **UNCOVER, UNWRAP & UNZIP** them when you are **indoors or in a warm car**.
- Offer baby a **PACIFIER** that is **NOT** attached to a string for **naps & at night** to reduce the risk of SIDS.
- **BREASTFEEDING** is **recommended** because it provides the right amount of nutrients and boosts baby's immune system.
- Babies should **NOT sleep in car seats outside of the car** because this posture can partially compress the chest wall & reduce airway size, resulting in lower oxygen levels.
- Regular **well-baby check-ups** & scheduled **immunizations** are **recommended**.
- **EVERYONE** who cares for babies **NEEDS** to know about **ALL** of these **IMPORTANT Safe Sleep Steps!**



**Dedicated to SIDS Education and Safe Sleep Steps for Babies.**

**(815) 293-SIDS (7437)**

**Email: [info@becauseofcody.org](mailto:info@becauseofcody.org)**

**[www.becauseofcody.org](http://www.becauseofcody.org)**

**Because of Cody... is a local not-for-profit 501(c)3 organization established in loving memory of Cody Thomas Arbour. Because of Cody... is dedicated to educating others about SIDS (Sudden Infant Death Syndrome) and Safe Sleep for Babies. SIDS cannot be prevented, but there are many ways to reduce the risk.**

**We encourage you to educate yourself and help us educate others. Please help us spread the word!**

**Because of Cody... believes that Education is the key to keeping babies safe while they sleep.**

- ~ We **provide FREE Educational Materials and Classes**.  
**Contact us TODAY to set up a class** or if you'd like **materials for yourself or your business**.
- ~ We **provide customized educational programs for healthcare providers, parents, grandparents, teens & childcare providers. No group is too small!**



In Loving Memory of Cody  
5/12/08 - 9/26/08



*"Each new life... No matter how fragile or brief...  
Forever changes the world."*

## What is SIDS?

**Sudden Infant Death Syndrome is the sudden and unexpected death of an apparently healthy infant under one year of age.** It is **NOT** the same thing as suffocation, **NOT** caused by choking or vomiting, **NOT** contagious & it's **NOT** the result of child abuse or neglect when a baby dies of SIDS.

### Sudden Infant Death Syndrome Facts

- ~ **SIDS** is the **leading cause of death in infants 1 month – 1 year of age.**
- ~ **60% of SIDS deaths occur between 2 and 4 months of age.**
- ~ **90% of SIDS deaths occur before 6 months of age.**
- ~ **60% of SIDS victims are male and 40% are female.**
- ~ **SIDS occurs at a rate of approximately 1 per 1,800 live births in the US**
- ~ **African American and American Indian/Alaska Native babies are more than 2-3 times more likely to die from SIDS.**
- ~ Since the **Back to Sleep Campaign was started in 1992**, the **rate of SIDS has decreased by more than 50%**

### Frequently Asked Questions

- **Are certain babies at a higher risk for SIDS?** Yes.  
Premature babies born before 37 weeks, twins and triplets, babies born within 18 months of a sibling, babies born to young mothers, mothers who receive little or no prenatal care & mothers who smoked, consumed alcohol or illicit drugs during pregnancy.
- **Are there ways to reduce the risk of SIDS before your baby is born?** Yes.  
Make sure to seek prenatal care early, regularly and throughout the entire pregnancy. Always follow your doctor's recommendations. AVOID smoking & do not consume alcohol or illicit drugs during pregnancy.
- **Do home heart or breathing monitors reduce the risk of SIDS?** No. Studies have shown that these devices do NOT decrease the chance of SIDS occurring.
- **Isn't it true that my baby is more likely to choke if placed on their back to sleep?** No. Healthy babies naturally swallow or cough up fluids. This is a reflex that all people have. Babies actually clear fluids better when they are on their backs.
- **How can you ensure your baby sleeps safely while they are in someone else's care?** It is very important that family members, babysitters, daycare workers or anyone caring for babies know the ways to reduce the risk of SIDS and other sleep related infant deaths. By sharing the Safe Sleep Steps with everyone who cares for babies, you will help ensure that babies are sleeping safely no matter whose care they are in.

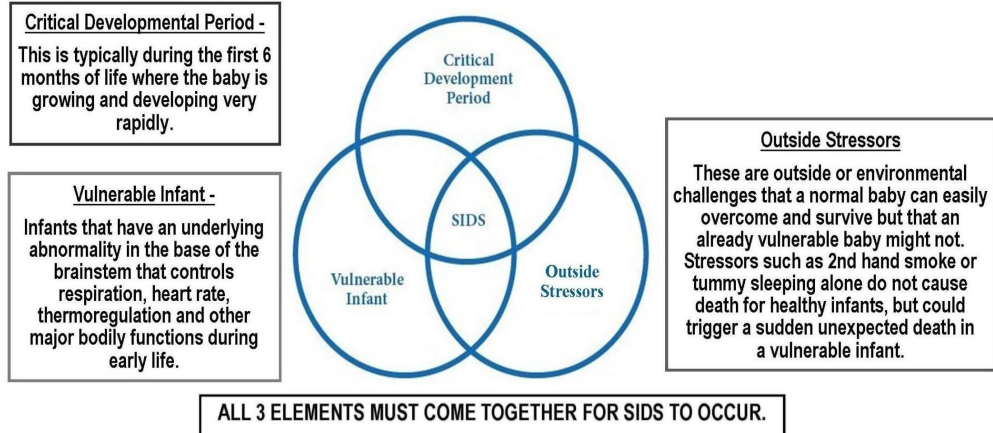


### SUPERVISED, AWAKE Tummy Time is IMPORTANT!

Tummy Time is recommended **EVERY DAY, 2-3 times a day**, starting when you bring baby home from the hospital. Start with 5 minutes at a time and increase the time as baby gets stronger. **Ideally 20-30 minutes, 2-3 times a day is best.** Keep it up even if the baby doesn't seem to like it, eventually they will get used to it. Scheduling Tummy Time for after naps or diaper changes often works best. Tummy Time helps strengthen your baby's head, neck & shoulder muscles which will help them learn to sit up. It also helps prevent flats spots on the head.

## UNDERSTANDING SIDS

**Because of Cody... believes that the Triple Risk Model will help you understand how and why SIDS occurs. The Triple Risk Model describes the series of events that take place when a baby dies of SIDS.**



**It is important that you understand that the ONLY element you can control is the Outside Stressors. By following all of the Safe Sleep Steps, the risk of a baby dying from SIDS can be significantly reduced.**

**Since there is no way to identify which babies are "vulnerable", it is important that all babies be cared for by following all of the Safe Sleep Steps.**

### Rebreathing Carbon Dioxide and SIDS

**We all exhale carbon dioxide or "bad air."** When a **baby sleeps on their tummy or has soft, fluffy or loose bedding or objects in their sleep area, carbon dioxide can pool around their face.** A **normal healthy baby's brain alerts them** that they are **breathing too much carbon dioxide** & they **might cough, cry or turn their head to get fresh air.** A **vulnerable baby's brain does NOT alert them**, so they **continue to breathe that "bad air" which can cause them to die suddenly or unexpectedly.** This same theory holds true with **overheating.** A **healthy baby's brain alerts them** that they are **becoming overheated & attempts to correct it.** A **vulnerable baby's brain does NOT alert them;** therefore **nothing is done to correct the situation.** This **reinforces the importance** of a **baby sleeping on their back in a crib that has no soft, fluffy or loose items in it.** Not only is the **risk of rebreathing carbon dioxide decreased**, but **babies are less likely to overheat.**

**NOTE:** Consider using a fan near where baby sleeps to improve air circulation. This could help **keep carbon dioxide from pooling around baby's face** and **keep them from overheating.**

### NO SMOKING!!!

Did you know that **smoking while pregnant and exposing babies to 2nd or 3rd hand smoke is a MAJOR SIDS risk?**

