

You can make a difference.

Times have changed since you were a new parent. What hasn't changed is that we still want what is best for our babies! By following these simple steps, we have decreased the SIDS (Sudden Infant Death Syndrome) rate in Illinois by 68% since 1993. Remember these simple guidelines to keep your grandbaby safe during sleep.

- Baby sleeps safest on back.
- Always sleep baby in a crib, alone.
- Never bed share with another baby.
- No soft bedding in baby's sleep area.
- Never smoke around baby.
- Provide supervised Tummy Time.
- Offer a pacifier at sleep time.
- Breastfeeding is best for baby.



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SUDDEN INFANT DEATH SERVICES
of illinois, inc.



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Safe Sleep for My Grandbaby: Every Sleep Time Counts!



There's nothing sweeter
than a sleeping baby.

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The wisdom of a Grandparent starts with the right information.

With a new infant in your family, you may be asked for advice or to care for your new grandbaby. As a grandparent, Sudden Infant Death Services (SIDS) of Illinois wants to offer you the most current recommendations about Safe Sleep for your grandbaby.



What can I do to help?

- **The safest place for your grandbaby to sleep is alone, in a crib or portable play yard.** Adult beds are too soft for babies to sleep in safely. Babies, especially under 1 year of age, need to sleep on a firm infant mattress. It is very important that there are no pillows, blankets, bumper pads or stuffed animals with baby during sleep time. Soft bedding increases the risk of SIDS (Sudden Infant Death Syndrome) and accidental suffocation.
- **Always place your grandbaby down for sleep on his or her back.** Even when the baby can roll over freely, it is still important. Babies who sleep on their backs are NOT at a higher risk for choking. Actually, babies who sleep on their tummies are more likely to choke if they spit up.
- **Don't allow anyone to smoke around your grandbaby.** Studies show that babies who are exposed to cigarette smoke are at a much higher risk for SIDS.
- **You can begin supervised "Tummy Time" for your grandbaby from the first day he/she comes home from the hospital.**

Tummy Time is any time your grandbaby spends on his/her tummy. Tummy Time helps baby gain better head and neck control and can prevent flat spots on baby's head.

- When you put your grandbaby down for nap time or night time, it is good to keep him/her close to you but always in a crib. It is **never safe to sleep with your grandbaby on a couch or armchair.**
- If it is okay with the baby's parents, **offer the baby a pacifier when putting baby down to sleep for nap time and night time.** Studies have shown that pacifier use from one month to one year of age may reduce the risk of SIDS.
- There are no products on the market at this time that will prevent SIDS. SIDS of Illinois does recommend the use of a "wearable blanket" in place of blankets in the crib.
- **Overheating is a known risk factor for Sudden Infant Death Syndrome.** This means that your grandbaby does not need to wear a hat when she/he is indoors and that she/he should not have on any more layers of clothing than you are wearing. The baby who is overheated may have red or flushed cheeks and the back of her/his neck will be hot and sweaty. Sometimes when babies are fussy, it is because they are too hot.

Most importantly, ENJOY that grandbaby!