



Q What is Sudden Unexpected Infant Death (SUID)?

A The sudden, unexpected death of an infant less than 1 year of age whose cause of death is not immediately obvious before an investigation. SUIDs are reported as 1 of three types: SIDS, Unknown Cause, or Accidental Suffocation or Strangulation in bed.

Q What can I do to reduce the risk of SUID?

A Remember the “3-S” approach

1. Safe Sleep
2. Safe Space
3. Social Support

DID YOU KNOW

- There were nearly 4,000 sudden, unexpected infant deaths in the U.S. in 2015
- More than 25% of these deaths were due to unsafe sleep practices
- 1 in 3 sudden infant deaths in Wyandotte County are the result of unsafe sleep.

Now they were bringing even infants to him that he might touch them. And when the disciples saw it, they rebuked them.

But Jesus called them to him saying,
“Let the children come to me, and do not hinder them, for to such belongs the kingdom of God.”

Luke 18:15-16, NIV

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STAY
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SAFE SLEEP

To reduce the risk of sudden unexpected infant death follow these ABCs of Safe Sleep.



ALONE

Babies should not sleep in the same bed with others.



BACK

Babies should be put to sleep on their backs to reduce the risk of SIDS.



CRIB

Cribs should not contain pillows, toys, blankets, pads, or bumpers



SAFE SPACE

Here are some things you can do to create a safe space for the baby in your life.



MAKE YOUR HOME A SMOKE FREE ZONE.

Smoking around an infant increases their risk of SIDS. Avoid smoking, drinking alcohol, or using illegal drugs, and do not allow others to smoke around baby.



CONDUCT REGULAR INSPECTIONS.

Regularly inspect your baby's crib for loose or broken parts. Check for recalls on cribs, car seats, and toys.



STAY ON SCHEDULE.

Follow your baby's health care provider's guidance on regular check-ups and vaccines.



SOCIAL SUPPORT

Remember to take care of yourself. Your health is important to your baby.



SELF CARE

Eat well balanced meals, drink plenty of water, and find a sleep routine that works for you and baby



SEEK LACTATION SUPPORT

Providing breast milk to your baby for as long as possible reduces the risk of SUID/SIDS. Breastfeeding can be hard, but help is available.



RALLY YOUR TROOPS!

You are not alone. Don't be afraid to ask trusted members of your family, church, and community for help.



SHARE INFORMATION WITH OTHERS!

The more information new parents have the better. Make a difference in the health of your community's babies.