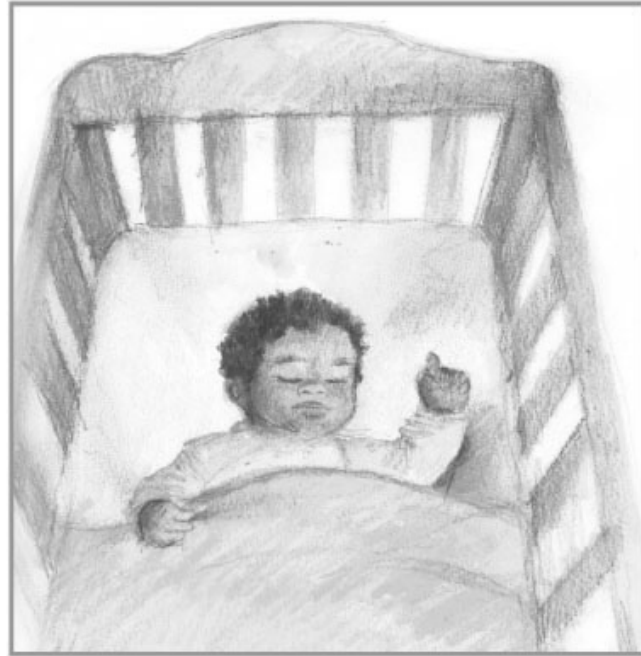


# Baby's Sleep Safety and Comfort



- ▶ **Welcome and introduce yourself**
- ▶ **Ask the audience a question about babies ... about SIDS**
- ▶ **Define SIDS**
- ▶ **Introduce Baby's Sleep Safety**

## Define SIDS

- ▶ Sudden Infant Death Syndrome also known as “crib death” or SIDS
- ▶ Sudden, unexpected death of a seemingly healthy infant for whom no cause of death can be found, based on:
  - Autopsy
  - Death scene investigation
  - Review of baby's medical history
- ▶ **Leading cause of death** for babies between one month and one year of age

## What to do?

- ▶ There are ways to keep babies safe and comfortable while they sleep
- ▶ Things you can do before your baby is born
- ▶ Today I'll show you some easy tips for baby's comfort and healthy development that will reduce the risk of SIDS