

Infant Sleep Positioning and SIDS

Parents and caregivers should now consider placing healthy infants on their backs when putting them down to sleep. This is because recent studies have shown an increased incidence of Sudden Infant Death Syndrome (SIDS) in infants who sleep on their stomachs. There is no evidence that sleeping on the back is harmful to healthy infants.

Keep the following points in mind:

- Placing a child to sleep on the back has the lowest risk and is preferred. Sleeping on the side, however, is a reasonable alternative and is safer than sleeping on the stomach.
- Do not place your infant to sleep on soft surfaces or with pillows or stuffed toys. They could cover your child's airway.
- This recommendation is for healthy infants. Some infants with certain medical conditions or malformations may need to be placed on their stomachs to sleep. Talk to your pediatrician about which sleeping position is best for your child.
- This recommendation is for *sleeping* infants. A certain amount of "tummy time," while the baby is awake and observed, is recommended.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

