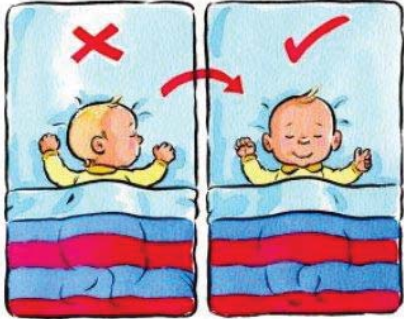


My Sleeping Baby

Sudden Infant Death Syndrome (SIDS)

The statistics are shocking! According to the Canadian For the Study of Infant Deaths, every week in Canada 3 healthy babies die mysteriously. These infants are said to be a result of Sudden Infant Death Syndrome (SIDS).



SIDS, also commonly referred to as “crib death” is the leading cause of death in Canada for infants between one month to one year of age.

SIDS most often occurs when an infant sleeps and stops breathing all together. There are no outward signs of distress or struggling in an infant with SIDS.

Although there’s no way of preventing SIDS, the following are risk factors that parents should be aware of:

- Babies who sleep on their tummies or on their sides
- Smoking during pregnancy or exposure to second-hand smoke
- Overheating
- Cluttered sleeping area
- Soft sleeping surface (increases with tummy sleeping)
- Male and aboriginal babies are more at risk
- Substance abuse among teen mothers
- Multiples (twins, triplets, etc.)
- Mild respiratory infections
- Unaccustomed tummy sleepers (Ministry of Health, 2003)

Co-Sleeping

Sleep is an important and vital part of an infant’s physical and emotional well-being. One of the most important things to consider with an infant’s sleep is where the child is sleeping and whether the location is safe.

Bed-sharing is common in many countries for various reasons such as developing a secure, physical, and emotional setting for the child; however **bed-sharing is not safe and has been linked to unexpected child death**. In Ontario from 2006-2007, 41% of all infant deaths involved unsafe sleeping practices.

(Community Health Services Department, County of Lambton, 2009)