



Weill Cornell Medicine

SIDS:

Reducing the Risks



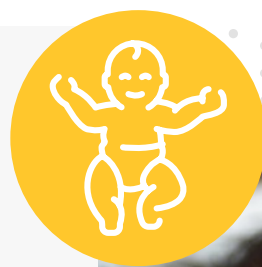
Sudden infant death syndrome (SIDS) is a serious concern for many parents. Understanding the potential risk factors and taking proactive steps can help protect your little one.

What Causes SIDS

According to the Centers for Disease Control and Prevention, there were 1,529 deaths from SIDS in 2022.

Though it's unclear what causes an infant to die from SIDS, risk factors include:

- Bed-sharing with an adult or other child
- Exposure to illegal drugs, alcohol or cigarette smoke in utero or after birth
- Premature birth or low birth weight
- Sleeping on their side or stomach



Guarding Against SIDS

How can you reduce your baby's risk of SIDS?

- **Healthy choices.** Breastfeeding may lower your child's risk. Additionally, when pregnant or around your newborn, don't smoke.
- **Safe bedding.** Your baby's mattress should be firm. The sleep area should be free of loose blankets, bumpers, pillows and stuffed animals.
- **Solo sleeping.** Have your infant sleep alone in a crib, bassinet or portable infant bed.
- **Comfortable temperature.** Keep the room well-ventilated, and dress your baby appropriately based on the room's temperature.



Seek Support

It's important to have support during the challenging moments of parenthood.

- **Family and friends** can give you much-needed breaks to rest, assist with household tasks and offer a listening ear when needed.
- **Health-care professionals** can address concerns and offer personalized advice for your child's health and well-being.
- **Parenting communities and support groups** can provide a strong network and offer guidance and empathy.



Looking for a pediatrician to help keep your child healthy and safe? Visit weillcornell.org/doctors



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