

# Preventing Sudden Infant Death Syndrome (SIDS)



## Definition

Unexpected death occurring during a baby's sleep, with no apparent medical cause. This is sometimes also referred to as cot death.

To date, the causes and circumstances of SIDS have not been determined. However, the following recommendations can significantly reduce the risk.



## Recommendations

- While your baby is sleeping lay them flat on their back.
- Your baby is comfortable in a sleeping bag, on a firm mattress, without any blankets or positioning cushions
- Duvets, pillows and cot bumpers are not recommended
- Cuddly toys should remain at the bottom of the baby's bed, around their feet rather than their head
- The room temperature should be between 18 and 20°C
- In the event of very warm weather or a heatwave, do not overdress your child


- Air the baby's room every day
- No smoke in the baby's environment
- As soon as you have finished driving, take your baby out of the car seat and if they are asleep, put them down in their own bed



Plagiocephaly, or "flat head syndrome", is not aesthetic but has no consequences for the child's development.

It generally corrects itself as the child grows.





## Important

- Following this advice will reduce the risk of SIDS
- When baby is awake and you are present, you can give them some tummy time by laying them down on their belly. This encourages motor development and prevents head deformation.



Programme cantonal de promotion de la santé et de prévention primaire enfants (0-4 ans) - parents



Section VD Ne Ju  
Fédération Suisse de Sages-femmes

