

Reduce the Risk of
**Sudden Infant
Death Syndrome**

Attached are important note sheets that can be left with your baby's sitter. These sheets will provide your baby's sitter with contact information, any special needs your baby may have and give helpful ways to reduce the risk of Sudden Infant Death Syndrome (SIDS).



South Carolina Department of Health
and Environmental Control

REDUCE THE RISK OF SIDS

IMPORTANT REMINDERS

- Do not let baby get too hot - do not overdress baby.
- Do not smoke around baby or take baby into a smoke-filled room.
- Feed baby in an upright position and burp baby.
- **For sleeping:**
 - » Place baby on a firm mattress or safety approved crib or bassinet covered by a fitted sheet only
 - » Remove loose blankets or soft objects such as pillows, quilts or stuffed toys from sleep area.
 - » Always place baby on back to sleep.

IMPORTANT PHONE NUMBERS FOR:

Name: _____

Cell phone: _____

Work phone: _____

Alternate number: _____

IN CASE OF EMERGENCY, CALL 911 AND CONTACT:

Name: _____

Phone number: _____

