

# Reducing the Risk of SIDS

**Babies younger than 1 year are at highest risk of SIDS.**

**In an effort to create a safe sleep environment for your baby, we recommend the following tips.**

- Babies should always be put to sleep on their backs
- Nothing should be in the crib but your baby
- Use a firm mattress with a tight-fitting sheet
- Parents should not share a bed with baby
- For the first 6 months, babies should sleep in the same room as parents (but not in your bed)
- Don't dress your baby in too many layers, because they can overheat quickly
- Offer your baby a pacifier (once breastfeeding has been established)

In addition, here are some other important reminders that may help reduce the risk of SIDS:

- Breastfeed your baby
- Be sure your baby is up to date on all immunizations
- Keep your baby away from smokers



**Children's National**  
Medical Center

**For more information, visit [ChildrensNational.org/SIDS](http://ChildrensNational.org/SIDS)**