



## The Danger of SUID: Sudden Unexpected Infant Death

Each year, 3,500 babies die from Sudden Unexpected Infant Death (SUID): Deaths in infants under 1 year old that have no immediately obvious cause. They include Sudden Infant Death Syndrome – in which no cause can be determined even after careful study.

SUID is the leading cause of death among babies 0 to 12 months old, and 90 percent of cases occur before 6 months. Most occur in unsafe sleeping environments.

Babies can suffocate or choke to death when soft bedding, such as pillows or blankets, covers the nose and mouth. Suffocation can also occur when an infant is wedged between two objects such as a mattress and wall, a bed frame or furniture.

Many of these deaths are preventable. Please learn and understand the essentials of safe sleep presented in this brochure.



**safehome**  
SAFE BABY

# Providing Safe Sleep for Your Baby

SIMPLE STEPS TO PREVENT SUDDEN  
UNEXPECTED INFANT DEATH (SUID)

### OUR MISSION

Guided by the needs of our patients and their families, Kern Medical delivers safe, compassionate, high-quality care, and improves the health and well-being of our community.



1700 Mount Vernon Avenue  
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## The ABC's of Safe Sleep

### **A** Alone BABY SHOULD SLEEP ALONE

- Babies should sleep alone, not with mom, another caregiver or other children.
- **Parents should share their room, not their bed.** With room sharing, you can keep watch over your baby, while preventing accidents that might happen in an adult bed or a couch.
- Nothing should be in the crib with the baby; no pillows, bumper pads, blankets, stuffed animals or other soft objects, or toys.

### **B** Back PUT BABY ON BABY'S BACK

- Babies should be placed on their backs for sleep, not the tummy or side.
- When awake, babies must have supervised "Tummy Time" to develop shoulder and neck muscles.

### **C** Crib PUT BABY IN A SAFE CRIB

- Use a safety-approved crib, bassinet or play yard. Use a firm mattress and a fitted sheet.
- If your baby falls asleep on a bed, couch, armchair, or in a swing or other carrier, put your baby in a crib to finish sleeping.
- Don't use bumper pads, and be sure the mattress is flush with crib rails.



## Other Tips

- Don't use blankets; they can smother or choke. Use a one-piece "onesie" or sleep sack, but make sure your baby isn't too warm. Keep the room at a temperature that is comfortable for an adult.
- Breast-feed your baby to help prevent SUID and promote other long-lasting health benefits for both mom and baby.
- Get your baby immunized. Vaccinations are not linked to SUID and can reduce the risk of SUID.
- Never use a car seat, baby swing, carriage or other carrier without properly fastening all the straps.
- No smoking, alcohol or impairing drugs. **To quit smoking, call 1-800-QUIT-NOW (1-800-784-8669) or visit Women.Smokefree.gov**
- Don't rely on home baby monitors – Be alert!

## Need Help for Safe Sleep?

Kern Medical is committed to making sure moms have all the tools they need to provide their babies a safe sleeping environment. One of the most important things is that your baby sleeps alone, in his or her own safety-approved crib, not in bed with mom or another caregiver or child.

Need help creating a safe environment? If you don't have a separate, safe place for your baby to sleep, Kern Medical can help with providing you one. Families that deliver at Kern Medical will now participate in our SUID educational program. With education and screening, all families that need assistance to create a safe sleep environment will receive a port-a-crib. Kern Medical is committed to creating a safe sleep environment for all newborns in our community.



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