Understanding Sudden Unexpected Infant Death Syndrome (SUIDS)

Definitions

• SUIDS: Any sudden and unexpected death of an infant, whether explained or unexplained. The two most common types of SUID are Sudden Infant Death Syndrome (SIDS) and Accidental Suffocation and Strangulation in Bed (ASSB).

Positive actions: What can you do to reduce the risk?

These recommendations mainly focus on the Environmental Factors associated with SUID. These are the factors you can have the most effect on and change.

• Smoke and substance exposure: Reduce or eliminate all exposure to tobacco, alcohol, and illegal drugs during pregnancy and after birth.

• Age: While you cannot change the age of your infant, be aware the SUID are most likely to occur during the first four months of age. It becomes less likely after eight months.

• Bed sharing: Infants should not share a sleep environment with any other person.

• Room ventilation: Keep the room well ventilated by keeping doors open and using a fan if needed. The best temperature is between 65 and 70 degrees Fahrenheit.

• Sleep position: Always place your infant on his/her back to sleep.

• Sleep environment: A safe sleep environment includes a firm mattress, fitted sheet, and the infant. All extras, including bumper pads, blankets, and stuffed animals make a crib an unsafe sleep environment.

Other parent resources


• Joint Family Support Assistance Program: http://www.militaryonesource.mil/jfsap

• Military OneSource: http://www.militaryonesource.mil/parenting/safe-sleep-practices

• Crib Information Center: http://www.cpsc.gov/Safety-Education/Safety-Education-Centers/cribs/

• Cribs for Kids- Pittsburgh: http://cribsforkids.org/