



## SIDS/SUIDS

SIDS stands for sudden infant death syndrome which is the unexplained death, usually during sleep, of a seemingly healthy baby less than a year old. Below are easy tips to reduce the risk of SIDS.

- Place baby on their back for naps and at night until they are 1 year old.
- Choose a firm mattress and fitted sheet for baby's crib. Remove toys, blankets, pillows, bumper pads, and other accessories from the crib.
- Dress baby in a wearable blanket, onesie, or similar clothing for every sleep. A loose blanket could cover baby's airway or make their body temperature too high.
- Share your room, not your bed. Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.

## Fire Safety

Every October, the National Fire Prevention Association (NFPA) observes Fire Prevention Week for families to plan, prepare, and think about the importance of fire safety. Here are a few fire safety tips and facts for you and your family to keep in mind as new parents.

- Keep lighters and candles out of children's reach.
- Test your home's smoke detectors at least once a month.
- Keep fire safety equipment in your home. Fire extinguishers, smoke alarms, and escape ladders are common home fire safety items.
- Identify any fire safety hazards, such as lint left in dryers, plug-in heating appliances, and cleaning your chimney.

