

"I want to sleep like this"

Latest recommendations at a glance

Sudden Infant Death Syndrome is not always predictable, which sadly means there is no 100% preventive solution.

But you can take measures to clearly minimize the risk for infants:

1. During the first year of life infants should sleep **lying on their back**.
This in itself already reduces the risk of Sudden Infant Death Syndrome by 50%.
2. Infants should be laid in their beds in such a way, that their heads cannot be covered by bedding:
 - no pillow,
 - no thick blanket, a wearable blanket is better
 - the feet should be touching the foot of the bed
3. Infants should sleep in the parent's bedroom, but in their own beds.
4. The room temperature and blanket should be chosen so, that it is comfortable for the baby, neither too warm nor too cold.
5. Both - before and after birth - infants should be raised in a smoke free environment.
6. Infants should, if possible, be breast fed.

*With kind regards
Children's and Youth's Ward of the
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