

The Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of an infant, also known as "cot death".  
Even though its causes are still unknown the preventive measures described below are well known.

For further information please refer to your Pediatrician and to:

**Associazione Semi per la SIDS onlus - Seeds for SIDS**  
Che svolge attività di sostegno alle famiglie e stimolo alla ricerca.

**The Association Seeds for SIDS/onlus**  
that gives support to families and encourages research

Associazione Semi per la SIDS/onlus  
50122 Firenze - Piazza S.S. Annunziata, 12  
tel. 346 1864751  
e-mail [posta@sidsitalia.it](mailto:posta@sidsitalia.it)  
[www.sidsitalia.it](http://www.sidsitalia.it)



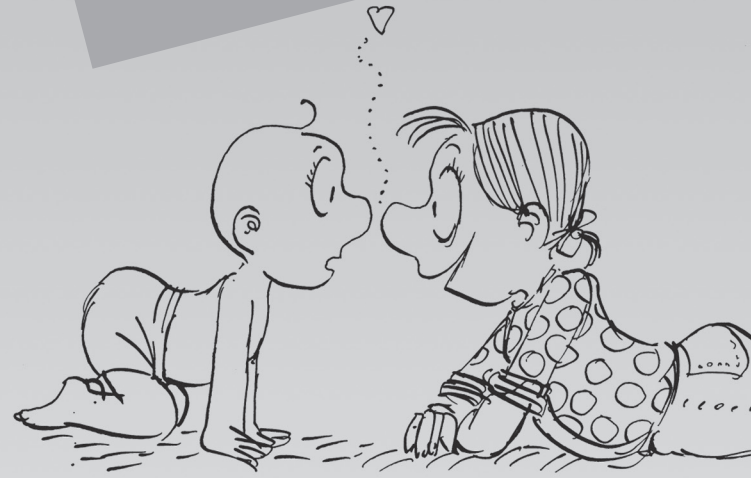
Ministero della Salute

Con l'approvazione di  
Società Italiana di Pediatria  
Società Italiana di Neonatologia  
Federazione Italiana Medici Pediatri



Associazione  
Semi per la SIDS  
onlus

## It's Better for them



Using a Dummy while sleeping can also reduce the risk SIDS



However, it is important to remember

- . To give your baby a dummy only after the first month of life
- . Not to force your baby if he/she does not want it
- . Not to reuse it if it falls out
- . To avoid coating it in sweeteners
- . To stop using it before the age of one

## Sleeping Safely



During the first months of life

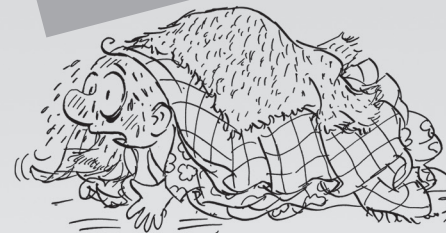
- . The best sleeping position for your baby is on his/her back
- . Never let your baby sleep face down or on his/her side
- . Let your baby sleep on a firm mattress without a pillow in your room, but not in your bed with you

## Keep your baby Smoke-Free



- . During pregnancy
- . Once born
- . Do not smoke or keep your baby in smoke-filled rooms

## Cool is Best



- . Do not cover your baby too much
- . Do not wrap your baby tightly in blankets
- . Keep your baby away from heat sources: the ideal room temperature is 18-20° C
- . If your baby has a high temperature he/she needs to be covered less, not more!

## Breastfeed him/her



- . Breast milk is the best food
- . Do your best to breastfeed him/her