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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

About SIDS (Sudden Infant Death Syndrome)

Sudden Infant Death Syndrome (SIDS) can affect any infant less than one year of age, but the greatest age risk appears to be between two and four months. While there is no one identifiable cause of SIDS, there has been a 70% decline in SIDS since the "Back to Sleep" campaign was begun in 1992, encouraging parents to always place babies to sleep on their backs. Other recommendations to reduce the risk of SIDS (besides always placing your baby to sleep on their back!) include avoiding co-sleeping, avoiding tobacco exposure, placing a baby to sleep on a soft surface (like a couch or pillow) or having blankets or stuffed toys in the crib. Fans circulating air and pacifiers are also associated with decreasing SIDS.

Hint: Always place your infant to sleep on their back on a firm crib mattress!

If you have any questions about SIDS or how to prevent SIDS, speak to your local pediatrician. Midcoast Pediatrics is a local practice, committed to providing routine, preventative and acute care for all children from birth through the college. Call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

www.midcoastpediatricspa.com