

keep your baby's  
head round



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**Sudden infant death syndrome (SIDS)** is the sudden, unexplained death of a baby under the age of one.

These “Back to Sleep” tips help reduce SIDS:

- **Always** put your baby on his or her back to sleep— nighttime and naptime (unless your baby’s physician tells you to use another position for a specific problem).
- Put your baby on a firm, well-fitted crib mattress.
- Avoid over-soft objects, such as waterbeds, pillows, bedding, toys, sofas, and comforters.
- Keep your baby’s head and face clear of any blankets or objects that could cover the mouth or nose.



Unfortunately, the “Back to Sleep” tips increase the chance of your baby having a **misshapen head** (positional plagiocephaly). This is caused when a baby sleeps or lies in the same position for too long.

Prevent it by following these tips:

- When your baby is awake and you are watching, give him or her “**tummy time**” by putting your baby on his or her stomach several times a day. This helps strengthen neck control and prevents a misshapen head. Start with a few minutes as soon as you bring your baby home from the hospital so he or she can get used to it.
- Turn your baby’s head in slightly different positions for sleep.
- Use “counter positioning”: Change the way your baby lies in the crib, giving him or her the same view from the opposite side (head at the head of the bed one day; head at the foot of the bed the next).

