

Sudden Infant Death Syndrome & Smoking



Did you know that...

Infants whose mothers smoke during and after pregnancy are more likely to die from Sudden Infant Death Syndrome (SIDS) than infants of non-smoking mothers.

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant that remains unexplained after an autopsy, examination of the death scene, and review of the medical history.

SIDS Facts

- SIDS is the leading cause of death among infants between one month and one year of age.
- In the United States more than 2,300 infants die from SIDS each year.
- Most infants who die of SIDS are between two and four months of age.
- SIDS is **NOT** caused by suffocation, choking, immunizations or vaccinations.

What makes a baby more likely to die from SIDS?

Exposure to cigarette smoke during and after pregnancy

Tummy or side sleeping

Soft surfaces and loose bedding in the crib

Overheating (too many blankets, being overdressed)

Bed sharing with a smoker

Weighing less than 5½ pounds at birth

Prenatal exposure to alcohol, cocaine, or opiates such as heroin, oxycontin, and morphine.

Tips to Reduce the Risk of SIDS

- ✓ Always put your healthy baby on its back to go to sleep; remember **"BACK TO SLEEP"**
- ✓ Do not smoke or let others smoke around your baby.

Quitting smoking isn't easy.

If you or any of your family members would like **FREE** help to quit or cut back, call the Partnership for Smoke-Free Families Helpline (toll free) at:
1-800-662-8887

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