

## Please Share

Share this **Safe Sleep Guide** with other mamas, papas, grandmas, grandpas, aunties, uncles, caregivers, birthing coaches, doulas, and providers to help us protect babies and reduce SIDS.

**Sleep Safe Baby** is an Infant Safe Sleep Public Education and Awareness Campaign funded by First 5 Fresno County. Our hope with Sleep Safe Baby is to shift cultural norms and everyday sleep practices to reduce SIDS in Fresno.



**YOUR PREGNANCY  
HEALTH IS IMPORTANT  
AND DESERVES TO BE  
TAKEN SERIOUSLY.**

# SleepSafe BABY



Get connected to more tips, resources, and support at **[sleepsafefresno.com](https://sleepsafefresno.com)**

**START EARLY:**

# Pregnancy & Reducing the Risk for SIDS



# SleepSafe BABY

# Start Early: Pregnancy and Reducing the Risk for Sudden Infant Death Syndrome (SIDS)

Sudden infant death syndrome (SIDS), also called crib or cot death, is defined as the sudden death of an infant younger than one year of age that remains unexplained after a thorough investigation.

SIDS is the leading cause of death in infants between one month and one year of age in the United States, where approximately 3,400 children per year die as a result of SIDS.

## Get regular prenatal care during pregnancy.

It's important to get regular prenatal care so you can address any potential risks early on. This includes visits to a provider or midwife, blood tests, ultrasounds, and other medical tests.

## Avoid smoking and illicit drugs during pregnancy.

Inhaling cigarette or marijuana smoke directly or by second-hand, especially in the home, could cause harm to your unborn baby. The chemicals can pass through your system to your baby and adversely affect their development. This includes edible marijuana products such as cookies, brownies, or candies.

Illicit drugs or misuse of prescription drugs while pregnant can have severe health consequences for infants because many substances pass easily through the placenta which reach the fetus.



## YOU CAN REDUCE THE RISK OF SIDS AND OTHER INFANT DEATHS!

### Avoid alcohol while pregnant.

There is no "safe" limit of alcohol consumption during pregnancy. Some studies have found that small amounts of alcohol consumption can have the same adverse effects on the fetus as binge drinking.

### Stay Active!

Staying active can help control weight and gestational diabetes (diabetes that happens during pregnancy). It also helps prevent back pain, swelling (edema), and can even improve mood! Talk to your health care provider before starting an exercise program and ask what kinds of activities are safe for you and your baby.



### Most Importantly – Speak Up for Yourself!

You have every right to speak up for yourself and your little baby to ensure its health and safety for the next nine months and beyond! This is your baby's life, and you have the power to ask any question you want! There is no question that you don't deserve to have answered.

If you feel like something isn't right with the care provided by your health provider or doctor, ask questions! If they don't seem to be listening or if they answer in a way that doesn't make sense, ask again or reach out to a birthing coach or support group!