



Back to Sleep

Each week, 3 babies die of SIDS in Canada. According to the latest research, there are things you can do to reduce the risk of Sudden Infant Death Syndrome (SIDS):

1. Put your baby on his or her back to sleep.
2. Make sure no one smokes around your baby.
3. Avoid putting too many clothes and covers on your baby.
4. Breastfeed your baby, it may give some protection against SIDS.

For more information call 1-800-END-SIDS (1-800-363-7437).