

Name: _____
Period: _____

SIDS
(Sudden Infant Death Syndrome)

1. What is the first thing and most important thing mom can do to decrease the risk of having a baby die of SIDS?
2. What is the cause for SIDS?
3. List two of the three risk factors related to SIDS:
4. Why is smoking the strongest risk factor related to SIDS?
5. What is the safe amount of alcohol during pregnancy?
6. What **percent** is the risk of SIDS increased when a mother takes drugs?
7. Why was it recommended that a baby sleep on their belly?
8. How has that recommendation changed?
9. What should parents do to make a crib or bed safe?
 - 1.
 - 2.
 - 3.
10. Why is clothing a concern when it comes to SIDS?
11. To decrease SIDS should you bottle feed or breast feed?
12. Should you allow your baby to sleep in your bed?

1. How much sleep?
 - a. Newborns –
 - b. One Year olds –

2. Best position? _____ List reasons why:
 - a. _____ b. _____ c. _____
 - d. _____ e. _____ f. _____

3. Comforters are usually used when _____
 What could it mean if a child uses it a lot during the day when mother is home?
 - a. Common comforters ---
 - b. Problem with comforters –

4. Rituals are good for what reason?
 Who needs to be told the ritual?
 Rule for crying at night “Visit _____ but pick up _____.”

5. Waking – why shouldn’t you punish a child for waking at night?
 What are common causes?
 1. _____
 2. _____
 3. _____
 What can you do if they are afraid of the dark?
 Should you let a child climb in bed with you?
 What is the warning for sleep walking?

6. Naps – train them to be _____.
 Why is 18 months awkward for naps?
 How should you wake a child from a nap?