

# How to Reduce the Risk of SIDS

- ★ Place Your Baby On His/Her Back To Sleep
- ★ Keep Your Baby In A Smoke-Free Environment
- ★ Your Baby Needs To Sleep On A Firm, Flat Surface
- ★ Avoid Overheating Or Overdressing Your Baby
- ★ Your Baby Needs To Have Regular Checkups And Immunizations
- ★ Breastfeed Your Baby

For more information, please call the California SIDS Program

**800-369-SIDS (7437) • [www.californiasids.com](http://www.californiasids.com)**



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