

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



California SIDS Program

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