

## \*SUID/SIDS & Safe Sleep Practices

\*Sudden Unexpected Infant Death/Sudden Infant Death Syndrome



Sudden Unexpected Infant Death (SUID) is one of the leading causes of death in infants. It is a broad category describing all **sudden, unexpected** infant deaths from **known and unknown causes**. Sudden Infant Death Syndrome (SIDS) is a subcategory under the term SUID that includes the sudden death of a baby at 12 months or younger **without a known cause** and often occurs while an infant is **sleeping**. While these terms are related, they are NOT interchangeable. Understanding and preventing SUID/SIDS is vital for safeguarding infant health and reducing infant mortality rates. A **father's active participation** in ensuring safe sleep practices, timely health check-ups, and maintaining a smoke-free environment can greatly reduce the risk of SUID. **Shared responsibilities in infant care** allow for better supervision during sleep, potentially reducing the risk of SUID/SIDS incidents. Beyond these practical measures, the **emotional support and involvement** of **both** parents in creating a nurturing and secure environment for the child play a pivotal role in SUID prevention. Creating a harmonious and watchful environment reduces the risk of sudden and tragic events, thereby ensuring a healthier and safer start for little ones.

### SUID/SIDS IS CLOSELY LINKED TO SAFE SLEEP

When dads **actively participate** in caregiving, they contribute to creating a **safe sleep environment** for the baby.  
**WHAT DOES THIS LOOK LIKE?**

 **Following & enforcing safe sleep practices**, like placing a baby on its back to sleep or keeping loose objects and soft bedding out of the sleep area

 Utilizing **cribs and beds** rather than sitting devices as a baby's routine sleep area



## Safe Sleep 101 for New Dads

**SIDS by Baby's Age:** This infographic highlights the specific timeframe when SIDS is most likely to occur.  
[tinyurl.com/SBBA-NIH](https://tinyurl.com/SBBA-NIH)



**Co-Sleeping With Your Baby:** An infographic that shares 5 key tips for the safest way to co-sleep with baby.  
[tinyurl.com/CSWYB-INFO](https://tinyurl.com/CSWYB-INFO)



**Think Bare is Best:** A one minute video that provides basic tips for new parents to reduce the risk of suffocation and SIDS.  
[tinyurl.com/BARE-IB](https://tinyurl.com/BARE-IB)



**3 Key Ways Dads Can Help Baby Sleep Safe:** This infographic for new dads shares how they can keep their babies safe, while sleeping, in three simple steps. Available in English and Spanish.  
**English:** [tinyurl.com/3KW-DADS-ENG](https://tinyurl.com/3KW-DADS-ENG)  
**Spanish:** [tinyurl.com/3KW-DADS-ESP](https://tinyurl.com/3KW-DADS-ESP)



English Spanish

# Safe Sleep Short Videos



**ABC's of Safe Sleep:** This webpage promotes the safest sleep practices with three simple letters – A-B-C! Drop in on convos with dads in a 6-minute video at the top of the page.  
[tinyurl.com/ABCs-SS](https://tinyurl.com/ABCs-SS)



**Lullabytrust.org - DADS ZONE:** This easy to scroll site provides images and a video offering sleep advice and tips for when your baby arrives. It also features a short list of safe sleep products that can be used as well as items that present safety concerns.  
[tinyurl.com/DADZONE](https://tinyurl.com/DADZONE)



**B'more for Healthy Babies:** This website includes answers to frequently asked questions and a video for dads to learn more about how to keep their babies safe during sleep.  
[tinyurl.com/BfHB-SS](https://tinyurl.com/BfHB-SS)



**Charlies Kids: Safe Sleep Basics:** This website gives parents, caregivers, and partners to ensure safe sleep practices. The site provides do's and don'ts, how-to's, and short videos covering safe sleep basics.  
[tinyurl.com/CK-SSBweb](https://tinyurl.com/CK-SSBweb)



## Grief & Infant Loss Resources



**First Candle** is a nonprofit organization committed to helping babies reach their first birthday. **Select from the "Bereavement" menu** on the website for grief and support resources.  
[tinyurl.com/FCB-SIDS](https://tinyurl.com/FCB-SIDS)



**Cribs for Kids@: Healing Hearts** provides resources related to grief and bereavement for the loss of an infant. This non-profit organization provides free or reduced-cost safe sleep spaces and safe sleep education to families.  
[tinyurl.com/C4K-HHweb](https://tinyurl.com/C4K-HHweb)



**CDC's SIDS: Parents and Caregivers Page** links to several organizations that offer support to families who have experienced the death of an infant.  
[tinyurl.com/SIDS-CDC](https://tinyurl.com/SIDS-CDC)



**March of Dimes: Loss & Grief** offers suggested ways to cope with tragic loss related to miscarriage and stillbirth.  
[tinyurl.com/Grief-MoD](https://tinyurl.com/Grief-MoD)



**Children's Bereavement Center** provides resources, events, free peer-support groups, & external links for children, young adults, adults, and families dealing with the death of a loved one.  
[tinyurl.com/CBC-Home](https://tinyurl.com/CBC-Home)



**Postpartum Support International: Loss & Grief in Pregnancy & Postpartum** provides resources and discussion support material for parents coping with grief.  
[tinyurl.com/PPSI-Loss](https://tinyurl.com/PPSI-Loss)