



## Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden and unexpected death of an apparently healthy infant, usually under one year of age, which remains unexplained after a complete medical history, death scene investigation, and autopsy. SIDS is a diagnosis of exclusion.

### The truth about SIDS:

- It is the major cause of death in infants from 1 month to 1 year of age.
- Victims are usually healthy prior to death.
- It is a very rapid death, usually while sleeping.
- None of the possible causes of SIDS should result in pain or suffering to the baby.

### Exposing myths about SIDS:

Shaken Baby Syndrome most often occurs when parents or caretakers become angry or frustrated with a child. Instead of shaking your child, try one of these safer ways to handle a crying baby:

- SIDS is not a recent phenomenon or a recent diagnosis. These deaths occurred as frequently in the 18th and 19th centuries as they do now.
- SIDS cannot be predicted or prevented. There is no way to screen babies to determine if they are at risk for SIDS.
- SIDS is NOT caused by external suffocation.
- SIDS is NOT caused by vomiting and choking.
- SIDS is NOT caused by DPT shots or other immunizations.
- SIDS is NOT caused by a sleeping parent rolling over onto the infant.
- SIDS is NOT contagious.
- SIDS is NOT caused by lack of love.