

Prevention of S. I. D. S.

Sudden Infant Death Syndrome

TRAINING INSTRUCTIONS

1. Watch the Video
2. Read the information sheet: “Infant Safe Sleep”
3. Take the post test and email it to QCHK



TRAINING OBJECTIVES (LEARNING POINTS):

1. What is SIDS?
2. How do I prevent it?
3. Safe Sleep Practices.

TRAINING TOPIC # 3:

Prevention of S. I. D. S. Sudden Infant Death Syndrome



What is S.I.D.S. and S.U.I.D.S.?



Dr. Amy Fan is a Harvard affiliated pediatrician and founder of Kinder, the first and only online primary care clinic for children.

WATCH THE
VIDEO



https://www.youtube.com/watch?v=g3AgznvW_sU
15:09 minute video

ESSENTIALS:
MODULE 8



Infant Safe Sleep



The **A B C**'s of Safe Sleep



Alone

Not with other people, pillows, blankets, or stuffed animals.



on my Back

Not on the stomach or side.



in my Crib

Not on an adult bed, sofa, cushion, or other soft surface.



Read the Info sheet

Infant Safe Sleep



Any infant from any family can die from S. I. D. S.; but some children are at a higher risk. This PDF info sheet will explain what the risks are and how to produce a safe sleep environment for children up to 12 months old.