



Preventing Sudden Unexpected Death in Infancy (SUDI)

Information for
parents and caregivers

For more information go to
<http://www.moh.govt.nz>
<http://www.cymrc.health.govt.nz>



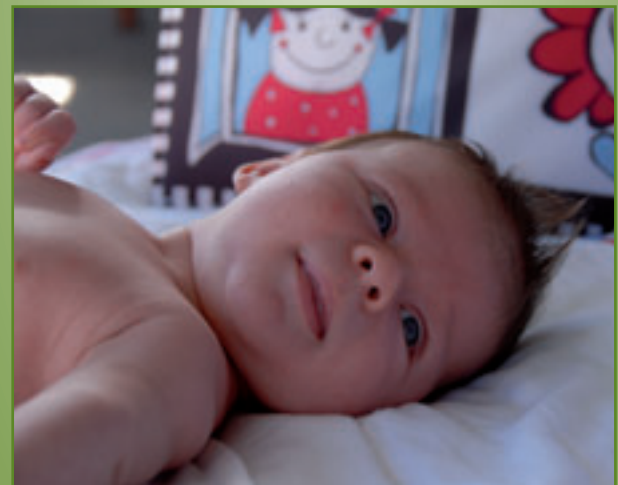
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This resource is available from www.healthed.govt.nz or the
Authorised Provider at your local DHB.



Following the advice given here can
help reduce the risk of SUDI.

Sudden unexpected death in infancy (SUDI) used to be called SIDS or cot death.

No smoking during pregnancy

Smoking during pregnancy is an important cause of SUDI because smoking damages babies before they are born. It is important to stop smoking as soon as possible after a pregnancy has been confirmed. Many women find that it is easier to give up smoking when they are pregnant. A midwife or health practitioner can help pregnant women and other household members who smoke quit smoking. A phone call to Quitline (0800 778 778) can help people to stop smoking.

Sleeping position – Back to sleep

Put babies down to sleep on their backs. Babies who sleep on their backs are less likely to get their faces accidentally covered by sheets or bedding.

Sleeping environment

Room sharing

The recommended sleeping environment is having baby sleeping in a cot or bassinette near the parents' bed.

Babies who sleep in the same room as parents for the first six months are at lower risk of SUDI.

Co-sleeping

Co-sleeping (a parent who sleeps with their baby in bed) is dangerous when:

- the baby's mother has smoked during pregnancy
- the adult in bed with the baby has been drinking, or taking drugs or medicines that might reduce their awareness of the baby
- the co-sleeping adult is excessively tired.

There is also a small increase in the risk of SUDI from co-sleeping for babies less than three months old, whether or not the mother smoked during pregnancy.

Breastfeeding – 'Breast is best'

Breastfeeding has many benefits for mothers and babies. Breastfeeding helps to keep babies healthy and well.