

HEALTHY AND SAFE SLEEP TIPS FOR INFANTS 0-12 MONTHS

Did you know?

#	Theme	Title
5	Breastfeeding and Sudden Infant Death Syndrome (SIDS)	Did you know that breastfeeding reduces the risks of SIDS?

Any amount of breastfeeding, for any duration, provides a protective effect against SIDS.

- ◆ Breastfeed your infant. Any amount of breastfeeding for any duration provides a protective effect against SIDS. Exclusive breastfeeding for the first 6 months offers greater protection.
- ◆ You can choose to breastfeed your infant where you sleep. This can make breastfeeding easier and help you respond faster to your infant's cues for feeding and comfort.
- ◆ When you are ready to go to sleep, return your infant to his crib, cradle, or bassinet. It is the safest place for your infant.
- ◆ Continue breastfeeding even if you smoke. It is best to smoke after breastfeeding. This will reduce the amount of nicotine in the breastmilk for the next feed.

Links:

- ◆ **Best Start Resource Centre**
 - **Breastfeeding Matters: An important guide to breastfeeding for women and their families** www.beststart.org/resources/breastfeeding
 - **Breastfeeding for the Health and Future of Our Nation** www.beststart.org/resources/aboriginal_health.html
- ◆ **Bilingual Online Ontario Breastfeeding Services directory** www.ontariobreastfeeds.ca
- ◆ **La Leche League Canada** www.lllc.ca