

HEALTHY AND SAFE SLEEP TIPS FOR INFANTS 0-12 MONTHS

Did you know?

#	Theme	Title
6	Alcohol/drug misuse and Sudden Infant Death Syndrome (SIDS)	Did you know that avoiding alcohol and drug misuse can reduce the risk of infant death?

Alcohol and drug misuse is a risk factor for SIDS and unexpected infant death.

- ◆ Alcohol and drug use during pregnancy is a risk factor for Sudden Infant Death Syndrome (SIDS).
- ◆ Consumption of alcohol and other substances by parents and caregivers poses a risk for infant death and other unintentional injuries in infants.
- ◆ Ask your partner or someone you trust to care for your infant until you are completely sober and not under the influence of substances.
- ◆ Choose alcohol-free drinks and abstain from substance use.

Links:

- ◆ **Best Start Resource Centre** www.beststart.org/resources/alc_reduction
 - **Be Safe: Have an Alcohol-free Pregnancy**
 - **Mixing Alcohol and Breastfeeding**
 - **Mocktails for Mom**
 - **Prescription Drug Misuse in Pregnancy and Parenting**
www.beststart.org/resources/aboriginal_health.html
- ◆ **Motherisk** www.motherisk.ca
- ◆ **Drug and Alcohol Helpline** www.drugandalcoholhelpline.ca