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Infant Sleep Safety – Lessening the Dangers of Cot Death

By Chris Towland

SIDS (or Cot Death as it is known in the UK), is the greatest recognized cause of death in babies

under the age of 12 months. This frightening condition happens while the infant is asleep. Unfortunately, so far there unfortunately isn't a known cure, or even a known reason in fact, as to why some babies are affected by the syndrome while others aren't. It is a fact though that over 2,500 a baby die in America annually from Sudden Infant Death Syndrome.

Even though the number of baby deaths have been reduced by approximately 40 percent by the instigation of preventative measures and including baby sleep safety techniques to protect babies from SIDS, there unfortunately isn't a way at present to fully evade the occurrence of Sudden Infant Death Syndrome.

Tips for Baby Sleep Safety

*Ensure your child sleeps on his or her back. Sudden Infant Death Syndrome has been closely linked to children sleeping on their tummies.

*Ensure your baby sleeps on a firm mattress. Avoid types of fluffy toys or baby pillows that could cause suffocation.

*Don't let your infant get too hot throughout the night. a baby have a body temperature that is higher than an adult and so don't need so many blankets – so don't let Infant be cold either though!

*Don't take drugs, drink alcohol or smoke either before or after your baby's birth. Smoke from cigarettes is known to be a contributing factor to SIDS.

*Join in with early and parental care clinics, particularly if you are a parent for the first time.

*Breast feed Infant if it is at all possible. Breast fed babies are statistically not as likely to be affected by SIDS.

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*Offer your child a pacifier in the first 12 months of life. It is not known why but a baby that are given a pacifier during this time are not as likely to be claimed by Cot Death.

*so don't sleep with Infant in the same bed or let Infant sleep in a normal adult bed. A baby has an increased risk of suffocating when in a bed that has been designed for adults. It is ok though to comfort and feed Infant in bed as long as he or she is taken back to his or her own cot afterwards.

SIDS is not the same as any other disease or syndrome. Most conditions surrounding a child's death are diagnosed by A symptoms associated with the death. Cot Death however is only diagnosed once other possibilities are dismissed.

Risk Factors

There are a number of specific trends or notable risk factors that can be observed in data regarding

SIDS. All of these risks should be noted and addressed by mothers and fathers that have a baby in a high-risk category.

*Boys are more likely than girls to die from SIDS. There is relatively little that can be done about this fact, it is simply included here as a notation.

*Drinking alcohol, smoking and drug use are understood to be three of the main contributory factors to Cot Death. In simple terms, if you value the health of your baby, keep away from unhealthy drugs like these!

*Poor parental care. First-time or young parents are the greatest risk. However, if a parent ensures they get early and frequent parental care checks and also have the backing of friends and family, the risk of this happening is significantly reduced.

*Babies born prematurely are at an increased Dangers of SIDS. Premature babies at birth have a disadvantage initially with and can often be quite fragile and under developed. This is once again more of a note than a specific prevention.

*Mothers who are younger than twenty are at Dangers of having an infant die from Cot Death. This can be for a cross-section of reasons such as simple inexperience or accidental neglect.

By using the tips above and ensuring that you are aware of the dangers and also implementing the infant sleep safety precautions you can lessen the likelihood of losing a baby to SIDS. For parents who have lost a baby to Cot Death there are several excellent support groups available to assist in going through the process of grieving.

Chris is the webmaster of

www.infantsleep.info

which gives a wealth of information, help and advice on
infant sleep problems

Baby Cot - And Good Parenting

By NamSing Then

Is there any pleasant sight than seeing a just-awakened baby after a good sound sleep? With the correct choice of the baby cot and a vigilant eye, can't we ensure our babies to have a safe and sound sleep? Of course, yes, why not.

Often when babies are put to sleep, into a cradle or a cot, you feel relaxed, and try to make optimum use of that time doing some work or relaxing. In this situation, you should be extremely careful so that accidents related to baby cots are avoided. Never let the baby out of your sight.

Choosing a good baby cot

We have the liberty of choosing the baby cots as per our choice and safety of our baby, since wide ranges of Baby cots are available nowadays.

·If the baby cot is made of wood/wrought iron and has thin strips, ensure that the distance between the strips is less than 2 inches. This will avoid the baby's head being trapped in between the strips. ·Avoid old and used baby cots; there may be chances of cracks, or chipping off of the paint coating. This may harm the baby, if she is teething. ·Check for pointed surfaces or splinters in a baby cot. ·You better look into the height of the baby cot, so that she doesn't topple down while standing. ·The mattresses should partly cover the sides of the baby cot, so that baby's hand and legs don't get trapped into the strips of the baby cot. ·The size of the baby cot should be such that her feet does not touch the end of the cot and can have enough space for rolling at least once.

Safety in using a baby cot

By any chance if the baby is made to sleep on the bed, and you are having a sound sleep, there are chances of the baby rolling and falling down the bed, and getting injured. An adult bed has bedspreads, pillows lying around. There are chances of the baby being suffocated. So it is better to have a perfect baby cot for our little wonders that bring joy and cheers in our life. The pleasure in seeing a baby sleep is hardly measurable.

NamSing Then is a regular article contributor on many topics. Be sure to visit his other websites

<http://www.babycotsforyou.info>

<http://www.parenting-foryou.info>

and

<http://www.researcher-hub.info>



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