

**SIDS AWARENESS MONTH**  
**DR. HEVIL SHAH, NEONATOLOGIST, BAYLOR SCOTT & WHITE HEALTH**

{\*\*ON CAM\*\*}

OCTOBER IS SUDDEN INFANT DEATH SYNDROME AWARENESS MONTH- IT'S COMMONLY REFERRED TO AS 'SIDS' [AND ALTHOUGH RATES HAVE DECLINED IN RECENT DECADES- IT REMAINS THE NUMBER ONE CAUSE OF DEATH FOR BABIES ONE MONTH TO ONE YEAR.](#)

{\*\*TAKE VO\*\*}

TRT:

BAYLOR SCOTT AND WHITE NEONATOLOGIST DOCTOR HEVIL (HEH-VUL) SHAH SAYS- THOUGH THE EXACT CAUSE OF SIDS REMAINS UNKNOWN- PUBLIC HEALTH OFFICIALS HAVE BEEN ABLE TO IDENTIFY WAYS TO REDUCE THE RISK IN YOUNG CHILDREN.

{\*\*TAKE SOT\*\*}

DR. HEVIL SHAH

BAYLOR SCOTT & WHITE

TRT: 17

"It started in the mid-nineties where the government really kind of pushed for babies to sleep on their backs. And if you look at the numbers, as soon as babies started sleeping on their backs, the number of SIDS cases went down dramatically. And so that there is some correlation that just having a baby sleep safely on their back is the key to all of this.

{\*\*ON CAM OR TAKE GRAPHIC\*\*}

HERE'S A LIST OF THE TOP FOUR RECOMMENDATIONS FOR REDUCING A BABY'S RISK OF SIDS- [ACCORDING TO THE U-S DEPARTMENT OF HEALTH AND HUMAN SERVICES](#)

{\*\*GRAPHIC\*\*}

- HAVING BABIES SLEEP ON THEIR BACKS
- ONLY USING FIRM, FLAT SLEEPING SURFACES LIKE A CRIB
- FEEDING BABIES HUMAN MILK FOR THEIR FIRST SIX MONTHS
- AND SHARING A ROOM WITH YOUR BABY FOR YOUR FIRST SIX MONTHS... WITH THE BABY SLEEPING IN THEIR OWN CRIB OR BASSINET