POINTERS FOR GRANDPARENTS

If you’re a new grandparent, it may have been awhile since you last looked after a baby. Did you know that the safest way for babies to sleep is on their backs? Sudden Infant Death Syndrome, or SIDS, is the leading cause of death in infants between 1 month and 1 year of age. You can reduce the risk of SIDS by placing babies on their backs to sleep for all sleep times—for naps and at night. To learn more, call 1-800-5-0-5-CRIB.