

## Did you know

Sudden Infant Death Syndrome (SIDS) wasn't even recognized until 1969? From then on, the suggestions for preventative sleep measures have been updated regularly. Here's some key changes over the last 30 years:

- ◆ **1989:** National Institute of Health recognized and defines SIDS.
- ◆ **1992:** National Institute of Health recommends laying babies on their backs to sleep.
- ◆ **1997:** Co-sleeping is no longer recommended.

If you were a parent before 1992, you received different recommendations for how to put baby to sleep. Make sure you're using the most recent recommendations to keep baby safe.

For all current safe sleep recommendations, visit [hmhb-mt.org](http://hmhb-mt.org)

**Safe Sleep: Learn ♦ Plan ♦ Provide**