

# What Do You Know About SIDS?

Pre-test    Post-test

Date: \_\_\_\_\_

Trainer: \_\_\_\_\_

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|---|---|--|
| T | F | 1. African American babies are two and a half more likely to die of SIDS than white babies.                                |
| T | F | 2. SIDS only happens to children whose parents neglect or abuse them.  |
| T | F | 3. SIDS is the leading cause of death in babies after one month of age.  |
| T | F | 4. The term SIDS is used if a baby externally suffocates while asleep.   |
| T | F | 5. To help reduce the risk of SIDS, fluffy and loose bedding should be removed from a baby's sleeping environment.         |
| T | F | 6. Babies of teenage mothers have an increased risk of SIDS.   |
| T | F | 7. Doctor's used to tell mothers to place their babies on their stomachs to sleep.   |
| T | F | 8. There is no increased risk of choking if a baby is placed on its back to sleep.   |
| T | F | 9. More SIDS deaths occur in the winter and fall.  |
| T | F | 10. Babies who usually sleep on their backs and are then put to sleep on their stomachs are at a far higher risk for SIDS. |
| T | F | 11. Re-breathing carbon dioxide that is exhaled during sleep can trigger SIDS.   |
| T | F | 12. Premature or low birth weight babies are at a higher risk for SIDS.  |
| T | F | 13. Side sleeping is the most effective way to help prevent SIDS.  |
| T | F | 14. Bed sharing, or having a baby sleep with others, helps prevent SIDS.   |
| T | F | 15. If a baby is placed on its back to sleep, he or she will develop potentially dangerous flat spots on his or her head.  |
| T | F | 16. Babies exposed to smoke are two to three times more likely to die of SIDS.   |