

# What Do You Know About SIDS?

Pre-test

Date: \_\_\_\_\_ Initials: \_\_\_\_\_ Trainer: \_\_\_\_\_

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

# What Do You Know About SIDS?

Post-test

Date: \_\_\_\_\_ Initials: \_\_\_\_\_ Trainer: \_\_\_\_\_

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## Answers

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