



Infant Safe Sleep Holiday Advisory

The holiday season is such a joyful time of year. Don't let this season of celebration turn into a tragedy for your baby and family. The Michigan Infant Safe Sleep Advisory Team urges you to make sure your baby or the baby in your personal care always has a safe place to sleep at night and during naptime even as you travel or visit others.

Michigan babies have suffocated sleeping in adult beds, sleeping on furniture, and sleeping with pillows, cushions and blankets. Follow these basic infant safe sleep recommendations to protect babies from suffocation or accidents during every night sleep and nap:

- The safest place for baby to sleep is in a crib, bassinet or portable crib that meets current safety standards. Take a portable crib with you if you're not sure one will be available. Adult beds are not safe for infant sleep. Adult beds, couches, and sofa chairs are dangerous for infant sleep.
- Use a firm mattress and tightly fitted sheet in the crib, bassinet or portable crib. Take out all pillows, blankets, comforters, bumper pads, stuffed toys and other soft things.
- Your baby should sleep on his or her back. Some babies can suffocate if placed face down on a soft surface such as a bed, blanket, pillow, waterbed, sofa or rug.
- Baby should sleep by him or herself in the crib, bassinet or portable crib. No bed-sharing with adults, other babies or children.
- Use a sleep sack instead of a blanket. Blankets can suffocate the baby. Sleep sacks are specially designed, wearable blankets for safe infant sleep.

Be sure to tell anyone caring for your baby, including teenage babysitters and grandparents, about the steps they need to take to keep your baby safe while sleeping. And remember, always make sure baby has a safe place to sleep, including when traveling or visiting family during this holiday season.

The Michigan Infant Safe Sleep Advisory Team includes representatives from the Michigan Departments of Community Health, Education, Human Services, as well as the Michigan Public Health Institute and Tomorrow's Child.

For more information, visit www.michigan.gov/safesleep, or call 2-1-1.

