

## Safe Sleep Checklist

- ✓ Does your grandbaby sleep and nap in a crib, portable crib or bassinet approved by the Consumer Product Safety Commission?
- ✓ Does it have a firm tight fitting mattress?
- ✓ Does it have tight fitting sheets?
- ✓ Did you take out all soft items like pillows, blankets, comforters, stuffed animals and bumper pads?

### Want a baby gift idea?

Instead of bumper pads or blankets for the baby's crib, purchase a "halo" sleep sack for your new grandbaby. Sleep sacks are a way to keep your grandbaby warm at nap and nighttime, with out the hazards of blankets.



For more information on safe sleep contact:

Tomorrow's Child

612 W. Lake Lansing Rd., Suite 800  
E. Lansing, MI 48823  
1-800-331-7437  
[www.tomorrowchildmi.org](http://www.tomorrowchildmi.org)



## Why is Safe Sleep a concern for Jackson County?

On average 3 babies in Jackson County die each year before reaching their first birthday from sleep-related incidents. This accounts for 17% of all infant deaths in Jackson County. These deaths are considered to be 100% preventable.

We are counting on **YOU** to help! Let's work together to help reduce infant mortality in Jackson, and save babies lives.

### Jackson County Safe Sleep Coalition Jackson County Health Department

1715 Lansing Ave, Suite 221  
Jackson, MI 49202  
(517) 768-2123  
[www.co.jackson.mi.us](http://www.co.jackson.mi.us)

## Safe Sleep For Your Grandbaby

Help keep your grandbaby safe



Jackson County  
Safe Sleep Coalition

## How can I make sure my grandbaby sleeps safely?

1. Always put your grandbaby alone and in a crib or bassinet.  
\*Never use drop-side cribs.
2. Always place your grandbaby to sleep on his or her back, even when he can roll over.
3. Keep soft objects, toys, loose bedding and bumper pads out of your grandbaby's sleep area.
4. Keep your grandbaby's face uncovered during sleep. Use a sleep sack instead of a blanket.
5. Don't allow smoking around your grandbaby.
6. Don't overheat your grandbaby. Dress the baby in as much or as little clothing as you are wearing.
7. Use a firm mattress with a tightly fitted sheet.



## Babies Sleep Safest On Their Backs

One of the easiest ways to help keep your grandbaby safe is to put him or her on the **back to sleep**, for naps and at bedtime. Health Care Providers use to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die when they sleep on their backs. Placing your grandbaby on his or her **back to sleep** is the number one way to keep your grandbaby safe.



## Tummy Time

Always put your grandbaby to sleep in a safe place. When they are awake, they need tummy time but always and only if someone is with the baby and closely watching the baby. If the baby falls asleep on the tummy, place him or her on their back alone in a crib.

## Spread the WORD!

Make sure everyone who cares for your grandbaby knows the safe sleep practices. Tell family members, babysitters, childcare providers and other caregivers to always place your grandbaby on his or her **back to sleep**.



## Commonly Asked Questions

### Won't my grandbaby choke if he or she sleeps on his or her back?

No. Healthy babies automatically swallow or cough up fluids. There has been no increase in choking for babies who sleep on their back.

### All of my babies slept on their stomachs. Won't babies sleep longer with that "full" feeling on their bellies?

Not necessarily. Babies who sleep on their backs from birth often find that to be the most comfortable position, and learn to adjust to their environment.

### Won't my grandbaby get a flat spot on his/her head from back sleeping?

Flat spots can be problems if during awake time babies don't get their "tummy time" or they spend an extended amount of time in a swing or car seat. Tummy time is supervised playtime for babies. It gets them off their backs, allows for development of upper body muscles, and gives babies the opportunity to see the world from a different view.