



Safe Sleep for Your Baby

◀ Protect Your Baby's Life ▶

Put baby on his or her back, with nothing else in the crib!

Safest Sleep

Babies should sleep:

- on their backs, even when they are unable to roll over on their own.
- in a safety approved crib or portable crib, even for naps.
- on a firm mattress with a tightly fitted sheet; no additional padding between sheet and mattress.
- wearing sleep sack or footed sleeper in colder weather - to keep baby warm. No loose blankets in the crib.
- with their heads uncovered at all times.
- in a smoke-free environment.

Unsafe Sleep

Babies should not sleep:

- on their bellies, if placed that way. Once babies can roll over, they don't need to be constantly flipped onto their backs; give them "tummy time" while awake to help strengthen their upper bodies.
- on waterbeds, sofas, chairs, soft mattresses or other soft surfaces.
- on or near soft objects such as bumper pads, pillows, blankets, clothing, towels, sheepskins or stuffed toys.
- on toddler or adult beds.
- with other children, adults or pets.
- in conditions that are too warm.

Of the sleep-related deaths reviewed by Child Death Review teams in Michigan in 2005 and 2006, **68%** were on a sleep **surface not designed for babies**, such as adult beds or couches.

The risk of suffocation is **40 times higher** for infants sleeping **in adult beds** compared with those in cribs, as reported in the medical journal Pediatrics.



RESOURCES

Michigan Child Death Review Program

Michigan Public Health Institute
2440 Woodlake Circle, Suite 150
Okemos, MI 48864
(517) 324-7330
www.keepingkidsalive.org

Tomorrow's Child

112 E Allegan, Suite 500
Lansing, MI 48933
(517) 485-7437
Toll Free (800) 331-7437
www.tomorrowschildmi.org

Michigan Dept. of Community Health

Division of Family and Community Health
109 E Michigan Avenue
Lansing, Michigan 48912
(517) 335-8416
www.michigan.gov/mdch

Michigan Department of Human Services

235 S Grand
Lansing, Michigan 48933
(517) 373-7394
www.michigan.gov/dhs

2012 PAM Organizers' Packet
Prevention Network
1-800-968-4968
www.preventionnetwork.org/pam