



# Safe Sleep for Your Baby

## Protect Your Baby's life

Baby always sleeps in a crib, on his/her back, with nothing else in the crib!

### Safest – Lowest Risk

Infants should always sleep:

- on his/her back. Even when baby can roll over – continue to put baby to bed on his/ her back.
- in a safety approved crib or portable crib, for naps or the night.
- on a firm mattress with a tightly fitted sheet; no additional padding or pillow between sheet and mattress.
- wearing sleep sack or footed sleeper in colder seasons - to keep baby warm. Eliminate loose blankets in crib.
- with his/her head uncovered at all times, including while asleep.
- in a smoke-free environment.

### Not Safe – High Risk

Infants should never sleep:

- on waterbeds, sofas, chairs, soft mattresses or soft surfaces.
- on or near soft objects such as bumper pads, pillows, blankets, towels or toys.
- on toddler or adult beds.
- with soft materials, pillow or folded blanket placed under the infant – avoid all loose bedding near baby.
- with other infants, children, adults or pets.
- in baby swing or car seat while not traveling.
- in conditions that are too warm.

*Of the infant sleep-related deaths reviewed by Child Death Review teams between 2000 and 2002, **78%** occurred on a sleeping **surface not designed for infants**, such as adult beds or on couches.*

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



## RESOURCES

### Michigan Child Death Review Program

c/o Michigan Public Health Institute  
2438 Woodlake Circle, Suite 240  
Okemos, MI 48864  
(517) 324-7330  
[www.keepingkidsalive.org](http://www.keepingkidsalive.org)

### Tomorrow's Child

824 North Capitol  
Lansing, MI 48906  
(517) 485-7437  
Toll Free (800) 331-7437  
[www.tomorrowschildmi.org](http://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](http://www.michigan.gov/mdch)

### Michigan Department of Human Services

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