

Protect Me While I Sleep

I need a mattress that's firm with a tight fitted sheet.

Please put me on my back for sleep.

Leave everything out of my crib except for me.

Breastfeeding is best for me.

I want to sleep in my crib, bassinet or pack-n-play.

Please don't let anyone smoke around me.

Tell anyone who takes care of me to always put me to sleep safely.

What is **NOT** SAFE SLEEP:

- ♦ **Adult beds.** Mattresses are too soft and adult bedding can suffocate babies.
- ♦ **Couches.** Babies can become stuck in the cushions and suffocate.
- ♦ **Bumper pads, blankets, wedges, and positioners.** These items are not needed and can block the baby's airway.
- ♦ **Sleeping with others.** Babies can be smothered when sleeping with adults or other children.

Put me to sleep safely, on my back and in my crib, every time. Remember, I'm counting on you to keep me safe.



800-331-7437

www.michigan.gov/safesleep

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