

*I want to sleep on my back in my own crib, bassinet or pack-n-play.*

I don't feel safe sleeping in car seats, bouncy seats, portable swings or on nursing pillows because I could suffocate.

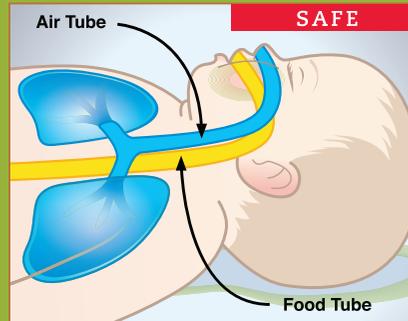
I'm not safe sleeping in bed with you. You could roll over on me while you're sleeping and I could suffocate.

I'm not safe sleeping on a couch. I could suffocate.

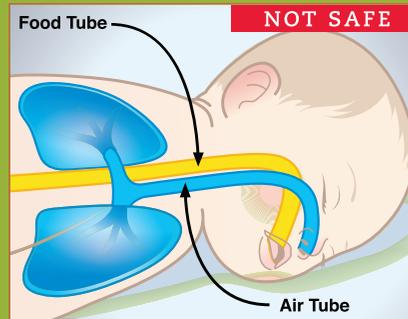
Don't let my crying change your mind about where I sleep. I'm depending on you to keep me safe and in my own crib.

*I won't choke when I'm sleeping on my back!*

As the picture below shows, when I'm on my back my air tube is on top of the tube to my stomach. When I spit up the liquid flows back into my stomach, not my lungs. So, I don't choke!



When I'm on my stomach and spit up, liquid can easily flow into my air tube and cause me to choke.



*Every THREE days a Michigan baby dies when sleeping in an unsafe place.*



800-331-7437

[www.michigan.gov/safesleep](http://www.michigan.gov/safesleep)

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**Protect Me**  
**While**  
**I Sleep**

# This is how I should sleep:

## 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.

I need a mattress that's firm with a tight fitted sheet. I don't need soft bedding to be comfortable.

Please put me on my back for sleep. I won't choke and it will be easier for me to breathe.

Leave everything out of my crib except for me.

Breastfeeding is best for me. When I'm finished feeding, put me back in my crib for sleep.

I want to sleep in my crib, bassinet or pack-n-play because they are safest for babies.

Please don't let anyone smoke around me. It's very bad for my tiny lungs.

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

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