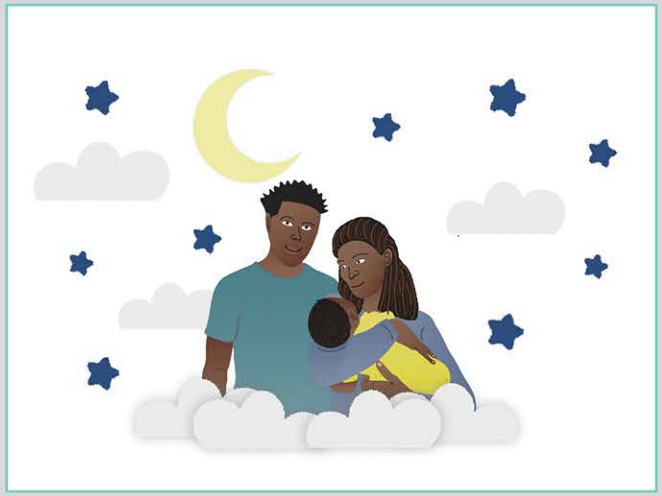
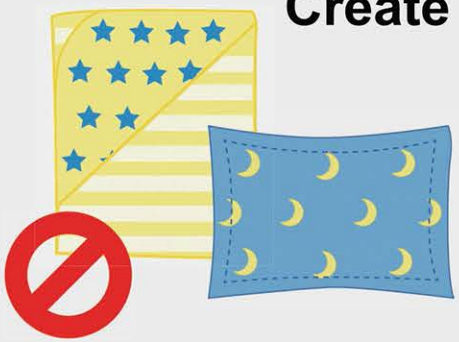
Baby, We've Got Your Back



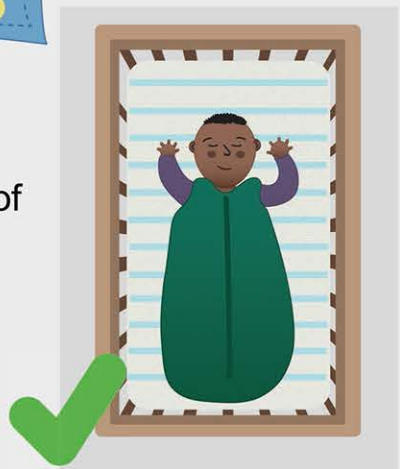
Sleep Routine

Create a Safe Space to Sleep



Remove soft bedding (pillows, blankets, crib bumpers) and keep out of baby's reach.

Remove toys, stuffed animals and any loose cords or strings.



Use a sleep sack instead of a blanket to keep your baby warm.

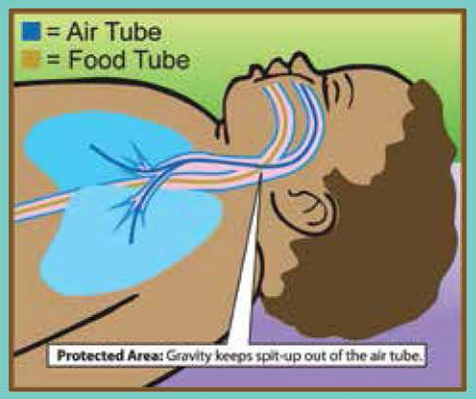
Only use car seats in the car.

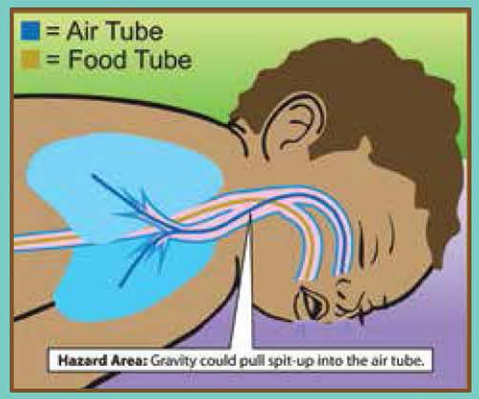
Maintain a smoke-free environment.

I love to keep you close to me,
But for right now you have to be
Safely in your crib instead
Of being with me in my bed.
This for sure may be a test,
But this is how we both should rest.

Share your room, **not your bed.**

Back to Sleep is Safer





When a baby is on his or her back, the air tube is on top of the food tube. When baby spits up, the liquid flows back into the stomach, not the lungs. When baby is on his or her stomach, fluid can pool at the opening of the air tube and may cause choking.

Feeding

Breastfeeding is recommended. Moms and dads, no matter how you feed your baby, use these tips to support your baby safely sleeping:

- Share your room, not your bed.
- Be sure that your baby has his or her own bed to sleep in.
- Set a timer when feeding so if you fall asleep, you can put your baby back in his bed.

Comforting

Babies love to cuddle and snuggle. Be careful if you are tired because you may fall asleep with your baby in your arms, who could roll out of your arms and suffocate. It is best to place the baby safely in the crib or pack and play when you are tired.

Lots of people love your baby.

Strongly encourage everyone who helps you take care of your baby to have your baby's back by practicing safe sleep.

If you need help or feel overwhelmed, talk with your healthcare provider to create a plan that **is best for you and your baby**.

Help Is Here

Contact your local health department:

Connect with a home visiting program:

Call 211

Call the Michigan Tobacco Quitline at 1-800-QUIT-NOW

Learn more about infant safe sleep at
Michigan.gov/SafeSleep

Created in partnership with the
Greater Detroit Area Health Council (GDAHC).

MDHHS Pub 1283B 7/20

Every **three days** a baby in Michigan dies sleeping in an unsafe place or position.