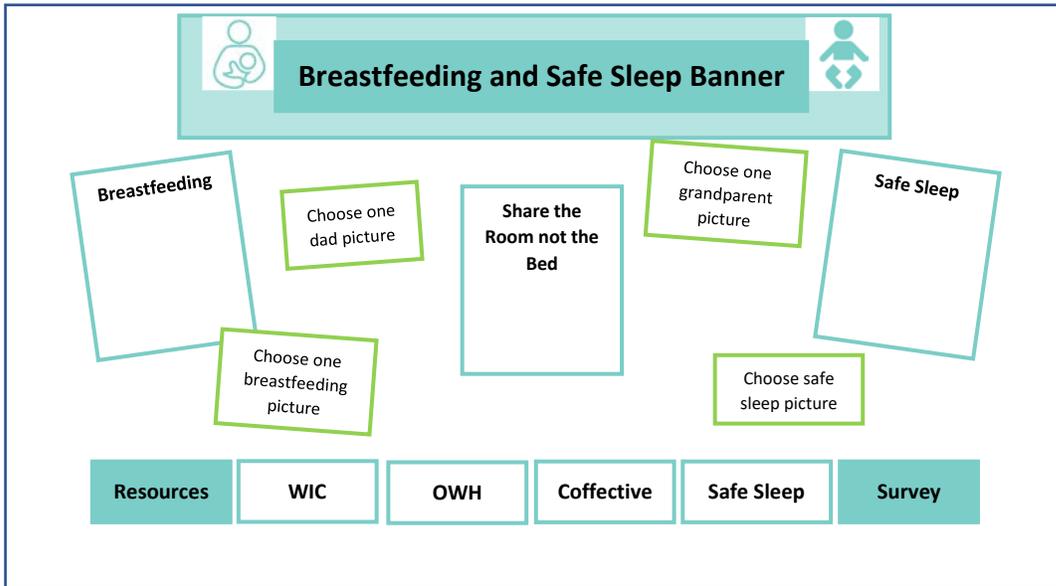


## Bulletin Board Kit Instructions

The purpose of this bulletin board kit is to increase client education and awareness on safe sleep and the protective factor of breastfeeding. The bulletin board is titled **Breastfeeding and Safe Sleep: Both Work Together to Keep Your Baby Safe and Healthy!**

This kit can be printed, cut to fit and displayed in your office. The kit comes with sets of pictures of dads, grandparents, breastfeeding moms, and babies in a safe sleep environment. Choose one picture of each set and display as suggested in the template below. If you have any questions about the bulletin board kit or if you'd like to send us a picture of your bulletin board, email the Infant Safe Sleep Program at [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov).

### Template



### Completed Bulletin Board



# Breastfeeding

Breastmilk gives nutrients to your baby and helps keep him or her happy and healthy. It is great for mom's health too!

Formula fed babies are more at risk for Sudden Infant Death Syndrome (SIDS) and sleep-related infant death.

It is best to give only breastmilk for the first 6 months. Continuing to breastfeed to 12 months and beyond (with foods added after 6 months) extends the many great benefits.

Giving your baby a pacifier can reduce the risk for SIDS and sleep-related infant death, but you should wait to use a pacifier until you and your baby are comfortable breastfeeding.

We know that not all moms breastfeed, but you can still keep your baby safe by putting your baby to sleep on his back and using a firm sleep surface.

# Share the room not the bed

Room share – keep baby’s safe sleep space within view and reach from where you sleep for at least 6 months.

Being near your baby can help you learn signs for when baby is hungry and helps support breastfeeding.

You can feed your baby in your own bed. When finished feeding, put your baby back into his or her own separate safe sleep space.



Photo Credit: *Safe to Sleep®* campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, <http://safetosleep.nichd.nih.gov>; *Safe to Sleep®* is a registered trademark of the U.S. Department of Health and Human Services.

# Safe Sleep

Always place your baby on his or her back for all sleep times – naps and night, until their first birthday.

Place your baby in a crib, bassinet, portable crib, or play yard with a firm mattress and tight-fitting sheet.

Keep pillows, blankets, soft toys, or crib bumpers out of your baby's sleep area.

Dress baby in a sleep sack or pajamas to match the temperature of the room.

Make sure no one smokes around your baby.



Photo Credit: Coffective



Photo Credit: Coffective



Photo Credit: Coffective



Photo Credit: Ingham County Health Department



Photo Credit: Ingham County Health Department



Photo Credit: Ingham County Health Department



Photo Credit: The Naomi and Ruth (NAR) Project



Photo Credit: The Naomi and Ruth (NAR) Project



Photo Credit: Coffective



Photo Credit: Kalamazoo Michigan Maternity and Newborn Photography



Photo Credit: Federal SUID/SIDS Workgroup. Get more information and free materials on safe sleep at [safetosleep.nichd.nih.gov](https://safetosleep.nichd.nih.gov).



Photo Credit: Federal SUID/SIDS Workgroup. Get more information and free materials on safe sleep at [safetosleep.nichd.nih.gov](https://safetosleep.nichd.nih.gov).



[coffective.com](http://coffective.com)

Coffective provides families information about maternity care best practices, including how to get a safe start with baby.

Learn more by downloading Coffective's FREE mobile app using the QR code, or by searching "Coffective" in your app store.



[womenshealth.gov](http://womenshealth.gov)

The Office on Women's Health has many resources on breastfeeding and other maternal health topics.





[michigan.gov/wic](https://michigan.gov/wic)

WIC provides healthy foods, nutrition education, breastfeeding support and referrals to other community programs. WIC has breastfeeding peer counselors to provide mom to mom support and answer questions.



Good night. Sleep tight. Sleep safe.

Learn more about the safest way for babies to sleep.



The Safe Sleep program provides resources on best safe sleep practices.

[michigan.gov/safesleep](https://michigan.gov/safesleep)



# Resources

**Tell us where you saw  
our bulletin board!**





# Breast

Both Wor

# ntfeeding & Safe

rk Together to Keep Your Baby Safe and

# Sleep

and Healthy!

