Breastfeeding & Safe Sleep

Both work together to lower your baby’s risk of Sudden Infant Death Syndrome (SIDS) and Sleep-Related Infant Death

Breastfeeding

- Breastmilk gives nutrients to your baby and helps keep him or her happy and healthy. It is great for your health too!
- Formula fed babies are more at risk for 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.

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.

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

For questions about your baby ask your doctor, health care provider or home visitor.

Learn more at www.michigan.gov/safesleep or by reviewing Your Guide to Breastfeeding.