

Infant Safe Sleep

Follow these tips for safe sleep for all sleep times – naps and night, until your baby’s first birthday:

- Always place your baby on his or her back.
- 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.
- Remind everyone who cares for your baby, including babysitters and family members, how to keep baby safe while sleeping.

It is also recommended that infants sleep in the same room as parents – but not in the same bed – for at least the first six months of their lives and to breastfeed.

For more information, visit the [Infant Safe Sleep webpage](http://www.michigan.gov/safesleep) (URL: www.michigan.gov/safesleep).

Infant Safe Sleep

