Infant Safe Sleep Information

Good night. Sleep tight. Sleep safe.

Learn more at michigan.gov/safesleep



The American Academy of Pediatrics (AAP) Guidelines for infant sleep safety can prevent <u>sleep</u>related infant deaths. To keep babies 0-12 months of age safe, while sleeping at night and during naps, parents and caregivers should:

- Place baby on back, in a crib, bassinet or play yard (e.g., pack 'n play) for every sleep time.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby's sleep space clutter free no pillows, blankets or toys.
- Avoid covering baby's head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.
- Keep baby in a smoke-free environment.

Learn more about the safe sleep guidelines and <u>why they are recommended</u> to keep babies safe. For more information about infant safe sleep, visit <u>Michigan.gov/SafeSleep</u> or email questions to <u>MDHHS-InfantSafeSleep@michigan.gov</u>.

Educational Materials

Order these resources for free from the MDHHS Clearinghouse.

Baby, We've Back	Baby, We've Got Your Back Brochure This brochure provides information on how to create a safe sleep space for babies. English Brochure Arabic Brochure Burmese Brochure Spanish Brochure	<image/> <complex-block></complex-block>	Baby, We've Got Your Back Poster This poster provides information on how to create a safe sleep space for babies. English Poster Arabic Poster Burmese Poster Spanish Poster
Baby, We've Got Your Back!	Baby, We've Got Your Back Brochure for Grandparents This brochure provides information for grandparents on how to create a safe sleep space and answers to frequently asked questions. English Brochure	Baby, We've Got Your Back! In crition play Data Data Data Data	Safe Sleep Decal This static cling decal provides a snapshot of how to create a safe sleep space for babies. Only available for order at the <u>MDHHS</u> <u>Clearinghouse</u> .

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<section-header><section-header><section-header><section-header><text><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/></text></section-header></section-header></section-header></section-header>	Smoking & Safe Sleep This resource explains how smoking during pregnancy or around your baby can increase baby's risk of sleep- related infant death. English Version <u>Arabic Version</u> Spanish Version	<section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header>	Safe Sleep and Vaccines This resource provides information on how vaccines can reduce the risk of sleep-related infant death. English Version Arabic Version Spanish Version

Other Resources

Find a variety of other resources to support safe sleep.

Online Trainings

Online trainings are available for free.

- Infant Safe Sleep for Professionals Working with Families
- Helping Families Practice Safe Sleep

Online Trainings

Webinars

Webinars related to infant safe sleep.

<u>Webinars</u>

Infant Safe Sleep for Professionals Email List To sign up, go to the link and enter your email address.

Email List Sign Up

American Academy of Pediatrics Recommendation Documents

SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment

Policy Statement Technical Report

Safe Sleep and Skin-to-Skin Care in the Neonatal Period for Healthy Term Newborns

Clinical Report