

Breastfeeding & Safe Sleep

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



Breastfeeding/Human Milk Feeding

- Human milk gives nutrients to your baby and helps keep them healthy. It is great for your health too!
- Babies who are fed human milk have a decreased risk for SIDS and sleep-related death.
- It is recommended to give only human milk for the first six months and continue to breastfeed or offer pumped milk for two years and beyond (with foods added after six months).
- 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 with breastfeeding.



Safe Sleep

- Always place your baby on their back for all sleep times 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 your 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

- Keep your baby's safe sleep space within view and reach from where you sleep, ideally for six months.
- Being near your baby can help you learn signs for when your baby is hungry and helps support breastfeeding.
- You can breastfeed your baby in your own bed. When finished feeding, put your baby back into their own separate safe sleep space.

This information applies to healthy, full-term infants. For questions about your baby, ask your doctor, health care provider or home visitor.

Learn more about safe sleep on the [Infant Safe Sleep Website](https://www.michigan.gov/SafeSleep) (URL: [Michigan.gov/SafeSleep](https://www.michigan.gov/SafeSleep)) and breastfeeding at [Ready, Set Baby](https://www.readysbaby.com) (URL: <https://www.readysbaby.com>).



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MDHHS-Pub 1377 (Rev. 11-22)