

## Dear Grandparents,

You have done a great job raising your children and have a lot of experience as a parent, but some things have changed. Here are some common myths you may believe and facts that will help you have your grandbaby's back.



### Remember your ABCs:

- Babies sleep safest Alone.
- Babies should sleep on their Backs.
- Babies sleep safely in a Crib, pack and play, or bassinet.
- Smoke-free environments are best for babies.

★ **MYTH:** Babies will be cold without blankets while sleeping.

★ **FACT:** Babies are at risk of suffocating if blankets are in the crib.

If you think baby is cold, dress him in a footed sleeper with a wearable blanket. Babies should not wear hats while sleeping.

### Help Is Here

Contact your local health department:

Call 211

Michigan Tobacco Quitline:  
1-800-QUIT-NOW (784-8669)

Learn more about safe sleep:  
[Michigan.gov/SafeSleep](https://Michigan.gov/SafeSleep)

Created in partnership with the  
Greater Detroit Area Health Council (GDAHC).



# Baby, We've Got Your Back!



★ **MYTH:** We laid our babies on their bellies for generations and they were fine.

★ **FACT:** Babies are safest sleeping on their backs for every sleep – nap time and night time.

Many babies have slept on their stomachs and survived, but some have died. Babies on their stomach can sleep too deeply and may not wake up to take a breath.

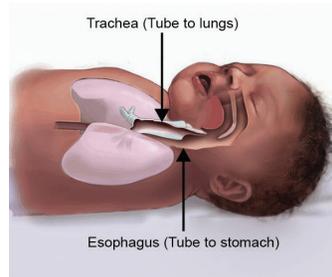


★ **MYTH:** Babies will choke if they spit up while lying on their backs to sleep.

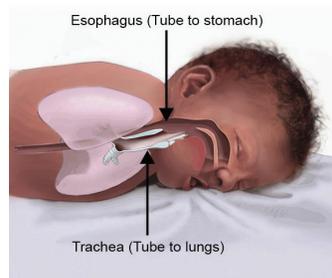
★ **FACT:** Babies are safest sleeping on their backs for every sleep – nap time and night time.

When a baby is on his or her back, the air tube is on top of the food tube. When baby spits up, liquid flows back into the stomach, not the lungs. When baby is on his or her stomach, fluid can pool at the opening of the air tube and may cause choking.

Baby in the back sleeping position



Baby in the stomach sleeping position



★ **MYTH:** It's okay for the baby to sleep in an adult bed.

★ **FACT:** Babies sleep safest when sleeping in their own crib, bassinet, or play yard next to the parent's bed.

Not all babies survive sleeping in an adult bed. The majority of sleep-related infant deaths occur in an adult bed.

★ **MYTH:** It's okay for the baby to sleep in a swing when I'm awake and watching.

★ **FACT:** Babies can suffocate while sleeping in a swing or any seat that puts him on an incline.

An incline could cause baby's head to slump and his or her airway could be pinched. It is only about the size of a drinking straw! She can also more easily roll over when on an incline—even if she hasn't done so before. She could suffocate.

If baby falls asleep in a swing, bouncy seat, car seat, or other sitting devices, she should be moved to a crib or play yard as soon as it is possible.