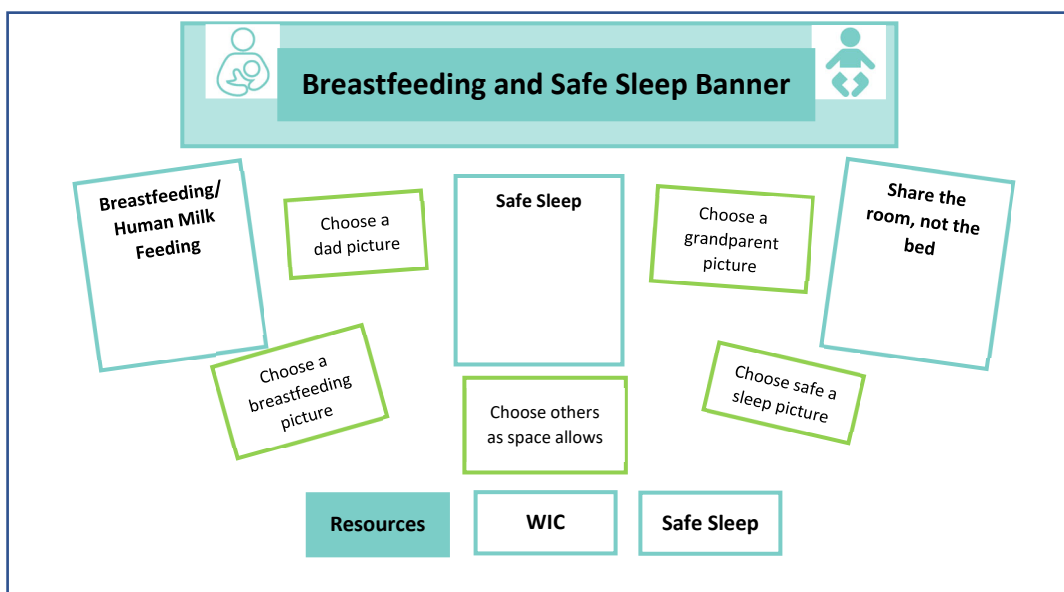


Breastfeeding and Safe Sleep Bulletin Board Kit Instructions

The purpose of this bulletin board kit is to increase client education and awareness on safe sleep and the protective factor of breastfeeding/human milk feeding. The bulletin board is titled **Breastfeeding and Safe Sleep: Both Work Together to Keep Your Baby Safe and Healthy.**

This kit can be printed, cut to fit and displayed in your office. The kit comes with sets of pictures of dads, grandparents, breastfeeding persons, and babies in a safe sleep environment. Choose pictures and set up a display. (A suggested template is below.) If you have any questions about the bulletin board kit or if you'd like to send us a picture of your bulletin board, email the Infant Safe Sleep Program at MDHHS-InfantSafeSleep@michigan.gov.

Template



Completed Bulletin Board





Breast

Both Women

breastfeeding & Safe

rk Together to Keep Your Baby Safe and

Sleep

and Healthy!



Breastfeeding/Human Milk Feeding

Human milk gives nutrients to your baby and helps keep them healthy. Providing human milk is also great for your health.

Babies who are fed human milk have a decreased risk for Sudden Infant Death Syndrome (SIDS) and sleep-related infant 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 at about 6 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 breastfeeding.

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 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.



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, and 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 or vapes around your baby.

We know that not all babies are fed human milk, but you can still keep your baby safe by putting them to sleep on their back and using a firm, flat sleep surface.



Photo Credit: Coffective



Photo Credit: Ingham County Health Department

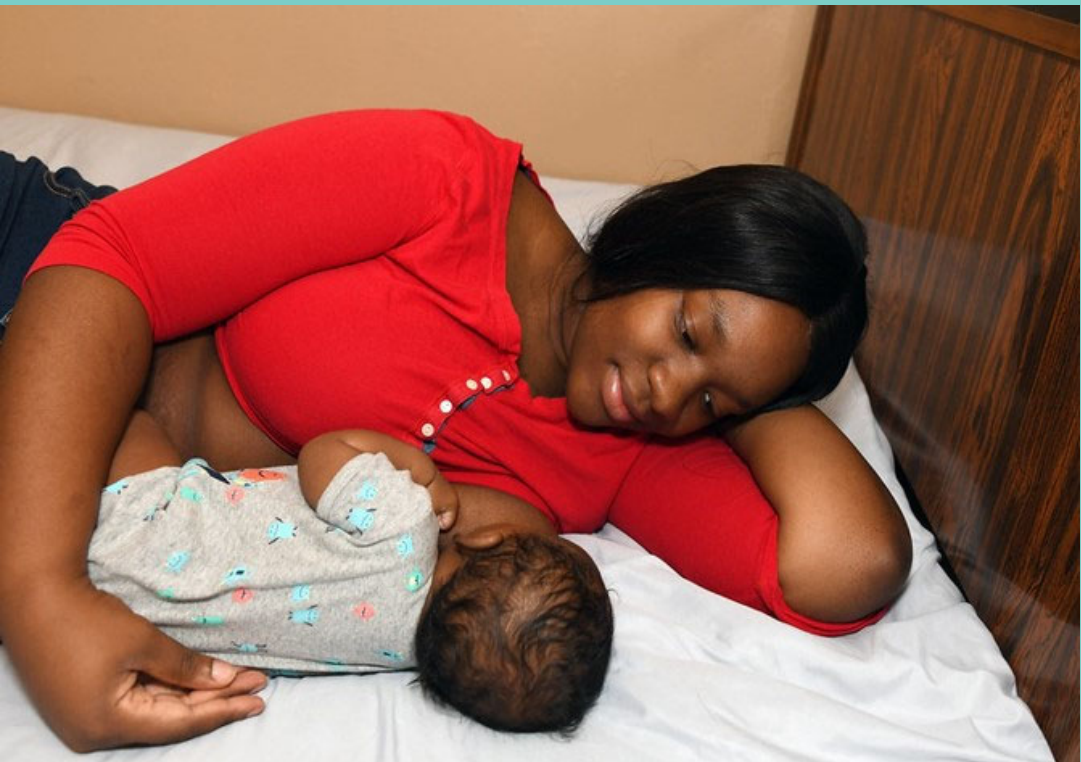


Photo Credit: Ingham County Health Department



Photo Credit: Ingham County Health Department



Photo Credit: The Naomi and Ruth (NAR) Project



Photo Credit: The Naomi and Ruth (NAR) Project



Photo Credit: Coffective



Photo Credit: Kalamazoo Michigan Maternity and Newborn Photography











Michigan.gov/WIC

WIC provides healthy foods, nutrition education, breastfeeding and chestfeeding support and referrals to other community programs. WIC has breastfeeding peer counselors to provide parent to parent support and answer questions.



Good night. Sleep tight. Sleep safe.

Learn more about the
safest way for babies to sleep.



The Infant Safe Sleep program provides
resources on best safe sleep practices.

Michigan.gov/SafeSleep



Resources