

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 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 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.



Infant Safe Sleep

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.readysetbabyonline.com) (URL: <https://www.readysetbabyonline.com>).

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MDHHS-Pub 1377 (Rev. 8-23)