

The building blocks of infant safe sleep

Breastfeeding

&

Safe Sleep

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

1

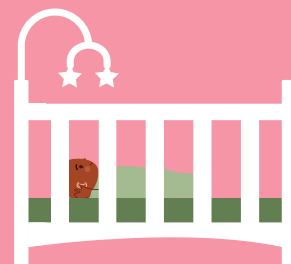
FEED HUMAN MILK, IF YOU CAN.



- **Breastfeed if you can.** Human milk gives nutrients to your baby and helps keep them healthy. It is great for your health too!
- **Lower their risk.** Babies who are fed human milk have a decreased risk for SIDS and sleep-related infant death.
- **Know how long to breastfeed.** 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).
- **Use a pacifier.** 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.

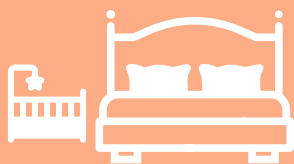
2 PRACTICE INFANT SAFE SLEEP.

- **Place baby on back.** Always place baby on their back for all sleep times until their first birthday.
- **Place baby in crib, bassinet, or pack and play.** Make sure it has a firm mattress and tight-fitting sheet.
- **Remove clutter.** Keep pillows, blankets, soft toys, and crib bumpers out of baby's sleep area.
- **Keep smoke-free.** Make sure no one smokes or vapes around your baby.



3

SHARE THE ROOM, NOT THE BED.



- **Keep baby nearby but not in your bed.** Keep your baby's safe sleep space within view and reach from where you sleep, ideally for six months.
- **Learn what your baby needs.** Being near your baby can help you learn signs for when your baby is hungry and supports breastfeeding.
- **Breastfeeding in your own bed is okay.** When finished feeding, put your baby back into their own separate safe sleep space.
- **Ask your health care provider.** 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 at Michigan.gov/SafeSleep and breastfeeding at ReadySetBabyOnline.com

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