

Dear Grandparents,

Some things may have changed since you had children. Learn how you can protect your grandbaby from suffocation hazards and keep them sleeping safely.



If baby is visiting your home, make sure they have their own sleep space, such as a pack and play.

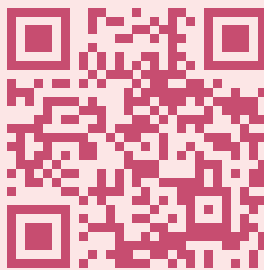
Babies sleep safest:

- On their back.
- In a crib, bassinet, or pack and play.
- Free from clutter, toys, and blankets.

Protect your grandbaby.

New parents need your love and support. When your grandbaby is in your care, practice safe sleep during their first year of life. Together, we can protect Michigan babies.

Learn more about the building blocks of safe sleep at Michigan.gov/SafeSleep.



Infant Safe Sleep

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Grandparents, learn the **building blocks**

of infant safe sleep.



1

Babies are safest sleeping on their backs for every sleep – nap time and nighttime.

You may have laid your babies on their belly for sleep.

We now know that when babies sleep on their stomach, they can sleep too deeply and may not wake up to take a breath. Back sleeping also ensures access to fresh air.

You may have thought babies would choke if they spit up when lying on their back.

We now know that back sleeping protects baby's airway. When baby is on their back, the air tube is on top of the food tube. When baby spits up, liquid flows back into their stomach, not the lungs. When baby is on their stomach, liquid can pool at the opening of the air tube and may cause choking.

Scan the QR code to watch a video explanation.



2

Babies sleep safest when sleeping in their own crib, bassinet, or pack and play next to the parent's bed.

You may have thought that it is safe for babies to share a sleep surface with an adult or child.

We now know that babies sometimes suffocate when sleeping on the same surface as another person. Babies should share a room, not a bed.



3

Babies are at risk of suffocation when they sleep in a swing or inclined seat.

You may have thought it's okay for baby to sleep in a swing or other inclined seat.

We now know that they can more easily roll over when sleeping on an incline. Their head can also slump down and cause a pinch in their airway. If baby falls asleep in a swing, car seat, or other sitting device, they should be moved to a crib, bassinet, or pack and play.



4

Babies are at risk of suffocating if blankets are in the crib.

You may have thought babies would be cold without blankets.

We now know that getting too warm can increase baby's risk of sleep-related infant death. Babies should be dressed for the space they are in. If you think baby is cold, dress them in a footed sleeper with a wearable blanket. Babies should not wear hats while sleeping.

5

Soft objects in baby's sleep environment can be a suffocation hazard.

You may have thought it was okay to place baby on the couch to sleep with a pillow to keep them from rolling off.

We now know that pillows, stuffed animals, and other soft objects are suffocation hazards. Always place baby in a crib, bassinet, or pack and play for sleep and keep it free of soft objects.

