

## Social Media for Charlie's Kids Foundation Safe Sleep Videos

Use the sample posts to share the safe sleep videos from the Charlie's Kids Foundation. The videos include how to get more information on safe sleep from the Michigan Department of Health and Human Services.

You can replace the hashtags in the sample posts with ones that are more appropriate for your audience or organization. If sharing during October, Infant Safe Sleep Awareness Month, please include #MIMoves4SafeSleep.

1. Babies Sleep at Night, Not All Night
  - You will sleep through the night again, but not right away. Watch to learn more: <https://youtu.be/FHgd8NQ1QX0> #MIMoves4SafeSleep #safesleep
  - You will be tired, but it's not forever. #safesleep is worth it. Watch to learn more: <https://youtu.be/FHgd8NQ1QX0> #MIMoves4SafeSleep
  - Babies sleep at night, not all night. Watch to learn more: <https://youtu.be/FHgd8NQ1QX0> #MIMoves4SafeSleep #safetosleep
2. Breastfeeding Alarm
  - Make a game plan. Set an alarm, so baby can sleep safe. Watch to learn more: <https://youtu.be/54jYI4L4ZHU> #MIMoves4SafeSleep #safesleep #breastfeeding
3. Co-Sleeping is Dangerous
  - Keep your baby close to you, not in bed with you. Watch to learn more: <https://youtu.be/gl110EWQP9Y> #MIMoves4SafeSleep #safesleep
4. How to Support a New Parent
  - Watch to learn how you can support a new parent: [https://youtu.be/hL1-A\\_y32iU](https://youtu.be/hL1-A_y32iU) #MIMoves4SafeSleep #normalizesafesleep #NewParents
  - Safe sleep is hard. Show up, change a diaper, help. Watch to learn how you can help: [https://youtu.be/hL1-A\\_y32iU](https://youtu.be/hL1-A_y32iU) #MIMoves4SafeSleep #NewParents #safesleepsaveslives
5. Room Share, Don't Bed Share
  - Babies in their own sleep space are close and safe. Watch to learn more: <https://youtu.be/MO5AIV9sU4> #MIMoves4SafeSleep #RoomSharing
  - Room share, don't bed share. Watch to learn more: <https://youtu.be/MO5AIV9sU4> #MIMoves4SafeSleep #RoomSharing
6. Safer Sleep Through Connection
  - Safe sleep is hard. Ask for help. Watch to learn more: <https://youtu.be/3viVi2GrDys> #MIMoves4SafeSleep #SafeSleep

7. Stay Awake While Caring for Your Baby

- How do you stay awake? Watch for ideas: <https://youtu.be/TAvHZ1bs-T4> #MIMoves4SafeSleep #SafeSleep

8. What is Safe Sleep?

- Babies should sleep on their back, in a crib or pack and play, with nothing but baby. Watch to learn more: <https://youtu.be/TAvHZ1bs-T4> #MIMoves4SafeSleep #BackIsBest

9. Why Safe Sleep?

- A baby dies every two to three days in Michigan due to sleep-related causes. You can protect your baby by following the ABCs of safe sleep. Watch to learn more: [https://youtu.be/Zsp3bDGN9\\_k](https://youtu.be/Zsp3bDGN9_k) #MIMoves4SafeSleep #BackIsBest #SafeSleep