



The holiday season is such a joyful time of year. Don't let this season of celebration turn into a tragedy for your baby and family. The Michigan Infant Safe Sleep Advisory Team urges you to make sure your baby or the baby you care for always has a safe place to sleep at night and during naptime even as you travel or visit others.

Michigan babies have suffocated sleeping in adult beds, sleeping on furniture, and sleeping with pillows, cushions and blankets. Follow these basic infant safe sleep recommendations to protect your baby from suffocation:

- The safest place for baby to sleep is in a crib, bassinet or portable crib that meets current safety standards. Take a portable crib with you if you're not sure one will be available.
- Use a firm mattress and tightly fitted sheet in the crib, bassinet or portable crib. Take out all pillows, blankets, comforters, bumper pads, stuffed toys and other soft things.
- Your baby should sleep on his or her back. Babies can suffocate if placed face down.
- Baby should sleep by him or herself in the crib, bassinet or portable crib. No bed-sharing with adults, other babies or children.
- Use a sleep sack instead of a blanket. Blankets can suffocate the baby. Sleep sacks are specially designed, wearable blankets for safe infant sleep.

Follow the infant safe sleep advice to prevent any chance your baby will suffocate while sleeping. Tell everyone who is caring for your baby, including teenage babysitters and grandparents, about infant safe sleep. And remember, always make sure baby has a safe place to sleep including when traveling or visiting during this holiday season. Safe Sleeping! Happy Holidays!

If you have questions, need a safe crib or are interested in more information call 2-1-1 or visit www.michigan.gov/safesleep.