

# SAFE SLEEP

= for baby =

Your baby's sleep area can affect his/her risk for Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

*Reduce your baby's risk by creating a safe sleep environment.*



Always place baby on back for all sleep times, including naps.



Keep soft objects, toys, crib bumpers, and loose bedding out of baby's sleep area.



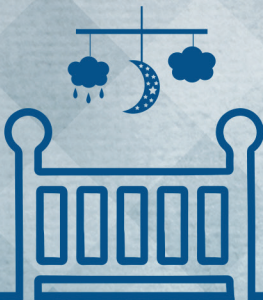
Don't let baby get too hot during sleep. Dress baby in light one-piece sleeper or wearable blanket.



Use a firm mattress in a safety-approved\* bassinet, crib, or portable play area, covered by a fitted sheet.



Share your room, not your bed. Baby should not sleep in an adult bed, on a couch or chair alone with you or anyone else.



QUESTIONS?

PLEASE CALL:

800.848.5533



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\*Visit the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas: [www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/](http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/)

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