

# Protect Me While I Sleep

I need a mattress that's firm with a tight fitted sheet.

Please put me on my back for sleep.

Leave everything out of my crib except for me.

Breastfeeding is best for me.

I want to sleep in my crib, bassinet or pack-n-play.

Please don't let anyone smoke around me.

Tell anyone who takes care of me to always put me to sleep safely.

## What is **NOT** **SAFE SLEEP:**

- ♦ **Adult beds.** Mattresses are too soft and adult bedding can suffocate babies.
- ♦ **Couches.** Babies can become stuck in the cushions and suffocate.
- ♦ **Bumper pads, blankets, wedges, and positioners.** These items are not needed and can block the baby's airway.
- ♦ **Sleeping with others.** Babies can be smothered when sleeping with adults or other children.

**Put me to sleep safely, on my back and in my crib, every time. Remember, I'm counting on you to keep me safe.**



800-331-7437

[www.michigan.gov/safesleep](http://www.michigan.gov/safesleep)

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