Infant Safe Sleep

**DO**

Follow the infant safe sleep steps:

1. Baby sleeps in crib.
2. Baby sleeps on back.
3. Nothing in sleep area.
4. Baby’s face uncovered.
5. No smoking around baby.
6. Do not overheat or overdress.

Do encourage frequent tummy time when baby is awake and supervised.

Do consider using a pacifier.

Do tell all caregivers about safe sleep.

**DON’T**

Babies have died in these unsafe sleep settings:

1. Do not use loose blankets or soft bedding.
2. Don’t lay infant on the tummy for sleep.
3. Don’t lay infant on pillows.
4. Don’t place infant to sleep on adult bed or couch.
5. Don’t bed share infant with adults, other children, or pets.

Provided by the Safe Sleep Advisory Team, which includes:

[Logos of Michigan Department of Community Health, Michigan Department of Human Services, Michigan Department of Education, and Michigan Department of Education]