

SEPTEMBER AND INFANT SLEEP AWARENESS

September 6, 2019- Sleep, the time when an infant should be the safest, right? Not necessarily. In Michigan, an infant dies nearly every other day from sleeping in an unsafe environment.

To fight this, Michigan's Governor Gretchen Whitmer has declared September 2019 as Infant Sleep Awareness Month. District Health Department #10 (DHD#10) is joining in this cause to highlight the importance of preventing sleep-related deaths among infants.

Follow these American Academy of Pediatrics, basic infant safe sleep recommendations to protect babies and prevent tragedy during nightly sleep and naps:

- Always place baby on the back for every sleep time.
- Room share instead of bed share. Pull the crib, bassinet or pack-n-play next to the adult bed for quick and easy feeding and comforting.
- Use a firm sleep surface and mattress, covered with only a tightly-fitted sheet.
- Keep items out of baby's sleep area – no blankets, loose bedding, bumper pads, stuffed animals, etc.
- If baby falls asleep in any place other than a crib, bassinet or pack-n-play, including after feeding, move him or her to a safe sleep space.
- Keep baby's space smoke-free.
- Breastfeeding is encouraged as it is associated with reduced infant deaths.
- Encourage "tummy time"; it's important to practice supervised tummy time while baby is awake to build strong neck and shoulder muscles.
- Make sure everyone caring for baby knows these guidelines including babysitters, friends and family members.



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COUNTIES SERVED:

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www.dhd10.org



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For more information, please visit www.michigan.gov/safesleep or <https://www.dhd10.org/public-health-matters/safe-sleep-for-babies/>

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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