

## OCTOBER IS INFANT SAFE SLEEP AND SUDDEN INFANT DEATH SYNDROME AWARENESS MONTH

October 28, 2021- While the month of October is almost over, it is still important for Infant Safe Sleep and Sudden Infant Death Syndrome (SIDS) to be talked about all throughout the year. Both observances highlight the importance of safe sleep practices and preventing unnecessary sleep-related deaths in infants.

According to the National Institutes of Health (NIH), in Michigan, an infant dies nearly every other day due to overwhelmingly preventable sleep-related causes. In the United States, more than 1 out of 3 sudden unexpected infant deaths are from SIDS. Research also shows that unsafe bedding, such as soft or loose blankets in baby's sleeping area, remains a leading cause of infant death.

To keep infants 0-12 months of age safe, District Health Department #10 (DHD#10) recommends following the American Academy of Pediatrics guidelines for sleeping at naps and during the night.

- Place infants on their back, in a crib, bassinet, or pack n'play for every sleep time. If baby falls asleep in any place other than a crib, bassinet, or pack-n-play, including after feeding, move them to a safe sleep space.
- Room share instead of bed share.
- Use a firm mattress, covered with a tightly fitted sheet only.
- Keep items out of baby's sleep area – no pillow, blankets, loose bedding, bumper pads, or toys.
- Avoid covering baby's head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.
- Keep baby in a smoke-free environment.
- Support breastfeeding and immunizations.
- Remind everyone who cares for baby, including babysitters and family members, how to keep baby safe while sleeping.

For more information about safe sleep guidelines and why there are recommended to keep infants safe, please visit [www.michigan.gov/safesleep](http://www.michigan.gov/safesleep).

### 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 America, 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](http://www.dhd10.org).



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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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