

## WHY IS SAFE SLEEP A CONCERN FOR CALHOUN COUNTY?

Too many babies in Calhoun County die before their first birthday due to suffocation or asphyxiation from being placed in an unsafe sleep environment. These deaths are 100% preventable! We want all parents, grandparents, and caregivers to know how to place babies to sleep safely.



## SPREAD THE WORD

YOU can help us spread the message. Make sure everyone who cares for your grandbaby knows safe sleep practices. Tell family members, babysitters, childcare providers, and other caregivers to always place your grandbaby alone, on their back, and in a crib to sleep.

## SAFE SLEEP CHECKLIST

- ✓ Is your grandbaby placed alone, on their back, and in a crib, portable crib (Pack-n-Play), or bassinet approved by the Consumer Product Safety Commission?
- ✓ Does it have a firm, tight-fitting, mattress with a tight-fitting sheet?
- ✓ Did you take out all soft items like pillows, blankets, comforters, stuffed animals, and bumper pads?

## FOR MORE INFORMATION

Born to Sleep Safe  
[www.borntobehealthy.org/borntosleepsafe.htm](http://www.borntobehealthy.org/borntosleepsafe.htm)

Tomorrow's Child  
1-800-331-7437  
[www.tomorrowschild.org](http://www.tomorrowschild.org)

Calhoun County Public Health Department  
(269) 969-6482

*Brochure funded by a grant from  
the Michigan Department of  
Community Health*

# Safe Sleep

## For Your Grandbaby

Help keep your grandbaby safe

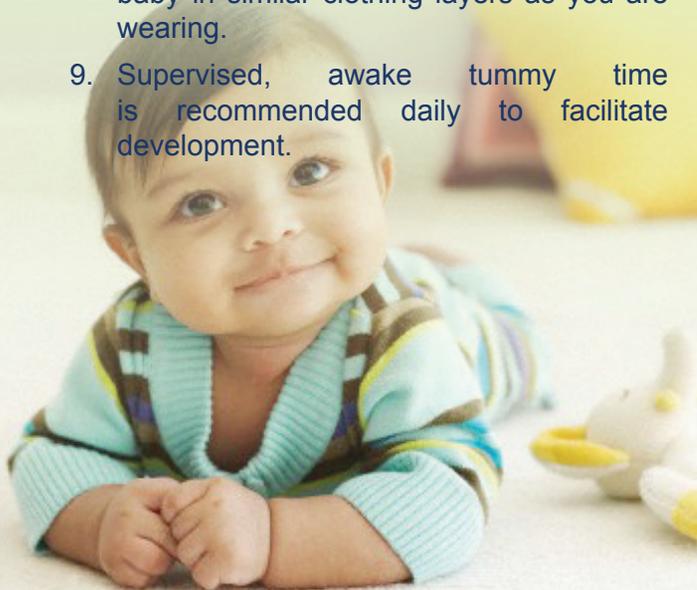


*Calhoun County Infant Safe Sleep Coalition*

 **born  
to sleep safe**  
supporting life's most precious packages.

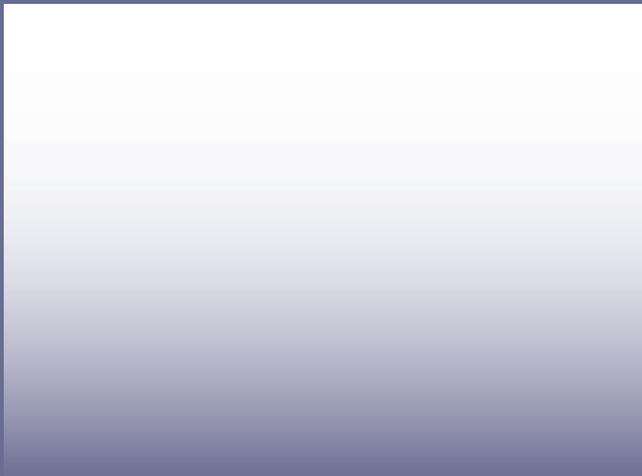
## HOW CAN I MAKE SURE MY GRANDBABY SLEEPS SAFELY?

1. Always place your grandbaby on his/her back to sleep.
2. Your grandbaby should sleep on a firm surface with a tight-fitting sheet.
3. Your grandbaby should sleep in the same room as the parents/caregivers, but not in the same bed (room-sharing without bed-sharing).
4. Your grandbaby should sleep alone in a crib, portable crib (Pack-n-Play), or bassinet.
5. Put nothing but your grandbaby in the sleep area. No loose bedding, sleep positioning devices, blankets, toys, or bumper pads.
6. Do not smoke around your grandbaby. Avoid baby's exposure to secondhand smoke.
7. Offer a pacifier at nap time and bedtime.
8. Avoid covering your grandbaby's head or dressing him/her too warmly. Dress the baby in similar clothing layers as you are wearing.
9. Supervised, awake tummy time is recommended daily to facilitate development.



## PLACE BABIES ON THEIR BACK TO SLEEP

One of the easiest ways to help keep your grandbaby safe is to put him/her on their back to sleep, for naps and at bedtime. Healthcare providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die when they sleep on their back. Keep your grandbaby sleeping safely by placing him/her on their back to sleep.

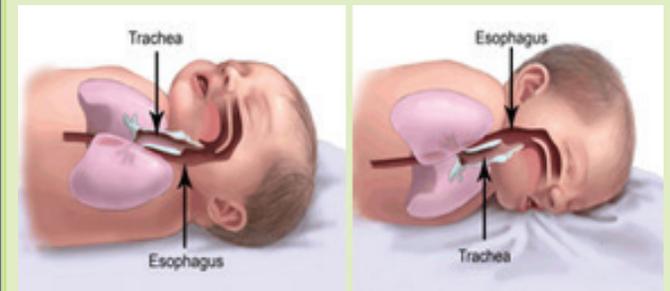


## TUMMY TIME

Always put your grandbaby to sleep in a safe place. When they are awake, they need tummy time but only if someone is supervising the baby. If the baby falls asleep on their tummy, place him/her alone, on their back, in a crib.

## FREQUENTLY ASKED QUESTIONS

- Will my grandbaby choke if he/she sleeps on his/her back?
  - \* No. Healthy babies automatically swallow or cough up fluids. There has been no increase in choking for babies who sleep on their back. Babies are less likely to choke on their back because the trachea is above the esophagus.



- All of my babies slept on their stomachs. Will babies sleep longer with that “full” feeling on their bellies?
  - \* Not necessarily. Babies who sleep on their backs from birth often find that to be the most comfortable sleep position.
- Will my grandbaby get a flat spot on his/her head from back sleeping?
  - \* Flat spots can occur if, during awake time, babies do not get their “tummy time” or if they spend an extended amount of time in a swing or car seat. Tummy time is supervised playtime for babies. It allows for development of upper body muscles and gives babies the opportunity to see the world from a different view.