



Jackson County Health Department

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Creating Healthy Communities



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October is Infant Safe Sleep Awareness Month

In recognition of the importance of safe infant sleep, October has been designated as “Infant Safe Sleep Awareness Month” by Governor Gretchen Whitmer. Infant sleep-related deaths remain a leading cause of mortality among infants in the United States. In Michigan, an infant succumbs to an unsafe sleep environment every three days. Within Jackson County, 13 infants have lost their lives due to unsafe sleep practices in the last five years. The Jackson County Health Department is actively promoting awareness of safe sleep guidelines by working with local first responders and our local health care system. We also seek assistance from the public with spreading the word about the importance of infant safe sleep. Please share these guidelines with anyone you know who has a baby under 12 months of age:

- Place baby alone, on their back, in a crib, bassinet, or pack’n’play for every sleep time.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby’s sleep space clutter free – no pillows, blankets, bumper pads, or toys.
- Keep baby’s sleep space where you can see and hear them. Share your room, not your bed.
- 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. Weighted blankets/sleepers/swaddles should not be used.
- Breastfeed, if able.
- Stop swaddling the baby when they exhibit signs of attempting to roll (typically occurs around 3-4 months, but may occur earlier).
- Remind *everyone* who cares for your baby how to keep baby safe while sleeping.

If you, or someone you know, are struggling to provide a safe sleep environment for a baby under 12 months, please reach out to the Jackson County Health Department at (517) 768-2114.

Working together to create and promote a healthy community through
disease prevention and control,
health education, environmental protection and emergency preparedness.