

FOR IMMEDIATE RELEASE

October is Infant Safe Sleep Awareness Month

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Governor Gretchen Whitmer has proclaimed October as "Infant Safe Sleep Awareness Month." Tragically, sleep-related causes remain one of the leading causes of infant death in the United States. In Michigan, an infant dies every three (3) days due to unsafe sleep environments. In Jackson County, we've lost 10 infants to unsafe sleep conditions over the past five years—deaths that are 100% preventable.

The Health Department is dedicated to raising awareness on safe sleep practices and is collaborating with local first responders and health care providers to spread these essential guidelines. We invite the community's help to share this information with anyone who has a baby under 12 months old. Let's work together to ensure safe sleep for all infants.

- 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 child who is less than 1 year old, please reach out to the Jackson County Health Department at (517) 768-1672.