



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

Your public health team, connecting with our communities to achieve healthier outcomes

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Put your infant to bed with confidence

Ithaca, Stanton, St. Johns~ According to the CDC, nearly 4,000 US infants die suddenly and unexpectedly each year. These deaths are called sudden unexpected infant deaths (SUID), and occur in children under one year old. While the causes of death in many of these cases can't be explained, most occur while the infant is sleeping in an unsafe sleeping environment.

To reduce your child's risk, make sure all those who care for your baby follow these guidelines:

- Bed sharing is not recommended because it can lead to suffocation. The safest place for a baby to sleep is in his or her own sleep space, near the parent's bed.
- Always place babies on their backs to sleep.
- Babies should sleep on a firm mattress with a tightly fitted sheet. Never place your baby to sleep on pillows, quilts, couches, bean bags or other soft surfaces.
- Keep soft objects and loose bedding out of the crib. This includes pillows, quilts, blankets, comforters, wedges and bumper pads.
- Use a wearable blanket or other type of sleeper, instead of blankets, to keep your baby warm.
- Make sure the baby's head and face are uncovered. Blankets and other items should not be placed over the baby's face while they are in a crib, cradle, bassinet, car seat, stroller or infant carrier.
- Don't dress the baby too warmly. Dress your baby in as much or as little clothing as you are wearing.
- Don't allow smoking around your baby. Exposure to secondhand smoke significantly increases an infant's risk for SIDS and other health issues such as asthma, lower respiratory tract infections and middle-ear infections.

Put your infant to bed with confidence and you'll both sleep better!

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

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