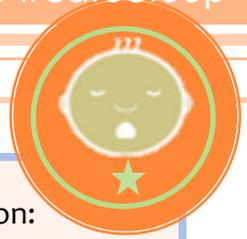


# Safe Sleep Social Media Schedule

“I never thought it would happen to me...”

Help us spread the word and raise awareness about the importance of #SafeSleep

@MichiganDHS Twitter Content – feel free to copy and paste to your channels!



- 1  
September is infant #SafeSleep awareness month! Read @OneToughNerd proclamation: [bit.ly/GovProclamation14](http://bit.ly/GovProclamation14).
- 2  
Every THREE days a baby in #MI dies from an unsafe sleep environment. These deaths are 100% preventable: [mi.gov/safesleep](http://mi.gov/safesleep)
- 3  
Protect your baby by learning the #SafeSleep rules! Visit [mi.gov/safesleep](http://mi.gov/safesleep) for more information.
- 4  
Do you think it's safe to sleep with your baby? Visit [mi.gov/safesleep](http://mi.gov/safesleep) and find out why their crib is the safest place.
- 5  
Worry about one less thing when your baby is in a #SafeSleep environment: [mi.gov/safesleep](http://mi.gov/safesleep)
- 6  
Babies are most safe when placed on their backs, in a crib, without any items such as pillows, blankets or toys: [mi.gov/safesleep](http://mi.gov/safesleep)
- 7  
Is your baby's crib ready for #SafeSleep? Check the list of RECALLS to find out: [bit.ly/UnsafeCribs](http://bit.ly/UnsafeCribs)
- 8  
If you or a caregiver ever have hesitations about #SafeSleep techniques, print and post the rules: [mi.gov/safesleep](http://mi.gov/safesleep)
- 9  
#SafeSleep rules: a crib should be free of blankets, toys, pads & pillows that could potentially suffocate your baby: [mi.gov/safesleep](http://mi.gov/safesleep)
- 10  
#SafeSleep rules: DON'T use loose blankets or soft bedding, [mi.gov/safesleep](http://mi.gov/safesleep)
- 11  
#SafeSleep rules: DO encourage frequent tummy time when the baby is awake and supervised, [mi.gov/safesleep](http://mi.gov/safesleep)
- 12  
#SafeSleep rules: DON'T lay infant on tummy for sleep or on pillows, [mi.gov/safesleep](http://mi.gov/safesleep)
- 13  
Think about how much you roll around at night. DON'T take the risk. Always place your baby in a #SafeSleep environment: [bit.ly/RethinkPosition](http://bit.ly/RethinkPosition)
- 14  
#SafeSleep rules: DO consider using a pacifier if it helps baby sleep, [mi.gov/safesleep](http://mi.gov/safesleep)
- 15  
#SafeSleep rules: DON'T place infant to sleep on an adult bed or couch, [mi.gov/safesleep](http://mi.gov/safesleep)
- 16  
#SafeSleep rules: DO tell all caregivers about safe sleep, [mi.gov/safesleep](http://mi.gov/safesleep)

- 15 #SafeSleep rules: DON'T bed share infant with adults, other children, or pets. [mi.gov/safesleep](http://mi.gov/safesleep)
- 16 A #SafeSleep crib doesn't have cutouts in the head or footboards & the slats shouldn't be wider than the short side of a dollar: [mi.gov/safesleep](http://mi.gov/safesleep)
- 17 A baby WON'T choke if they sleep on their back. Learn more about #SafeSleep: [mi.gov/safesleep](http://mi.gov/safesleep)
- 18 Your baby won't get lonely. REMOVE all toys from your baby's crib or bassinet! #SafeSleep rules: [mi.gov/safesleep](http://mi.gov/safesleep)
- 19 Protecting your child is a day and night job, even when they are sleeping. #SafeSleep [mi.gov/safesleep](http://mi.gov/safesleep)
- 20 Keep your baby sleeping safely. Listen to this message about #SafeSleep from the Inter-Tribal Council of #MI [http://www.michigan.gov/documents/dhs/NATiveSafeSleepPSA\\_461981\\_7.mp3](http://www.michigan.gov/documents/dhs/NATiveSafeSleepPSA_461981_7.mp3)
- 21 Newborns need about 11-18hrs of sleep a day, ALL of those hours need to be in a #SafeSleep environment: [mi.gov/safesleep](http://mi.gov/safesleep)
- 22 A baby is more likely to choke on spit up if placed on their tummy. Learn the #SafeSleep rules at: [mi.gov/safesleep](http://mi.gov/safesleep)
- 23 Make a list and check it twice! Protect your baby's life by placing them in a #SafeSleep environment: [mi.gov/safesleep](http://mi.gov/safesleep)
- 24 "I NEVER thought it'd happen to me," hear the warnings from parents who lost a child to an unsafe sleep environment: [bit.ly/ParentWarning](http://bit.ly/ParentWarning)
- 25 2<sup>nd</sup> hand smoke kills 50,000 people each year DON'T let your baby be one of them. Practice #SafeSleep: [mi.gov/safesleep](http://mi.gov/safesleep)
- 26 Make sure your child care provider or other family members know how to protect your baby when sleeping: [mi.gov/safesleep](http://mi.gov/safesleep)
- 27 A simple sleep environment is the safest! Be your baby's hero and always use the #SafeSleep rules: [mi.gov/safesleep](http://mi.gov/safesleep)
- 28 Cribs save lives! ALWAYS place your baby on their back, alone and in a crib. Learn more about #SafeSleep: [mi.gov/safesleep](http://mi.gov/safesleep)
- 29 It's okay to share a room, but NEVER share a bed with your baby. Learn more #SafeSleep rules: [mi.gov/safesleep](http://mi.gov/safesleep)
- 30 Now that we've bombarded you with the facts about #SafeSleep, can you name all the rules? [mi.gov/safesleep](http://mi.gov/safesleep)