

Breastfeeding & Safe Sleep

Both work together to lower your baby's risk of Sudden Infant Death Syndrome (SIDS) and Sleep-Related Infant Death



Breastfeeding

- Breastmilk gives nutrients to your baby and helps keep him or her happy and healthy. It is great for your health too!
- Formula fed babies are more at risk for SIDS and sleep-related infant death.
- It is best to give only breastmilk for the first 6 months. Continuing to breastfeed to 12 months and beyond (with foods added after 6 months) extends the many great benefits.
- Giving your baby a pacifier can reduce the risk for SIDS and sleep-related infant death, but you should wait to use a pacifier until you and your baby are comfortable breastfeeding.



Safe Sleep

- Always place your baby on his or her back for all sleep times—naps and night, until their first birthday.
- Place your baby in a crib, bassinet, portable crib, or play yard with a firm mattress and tight-fitting sheet.
- Keep pillows, blankets, soft toys, or crib bumpers out of your baby's sleep area.
- Dress baby in a sleep sack or pajamas to match the temperature of the room.
- Make sure no one smokes around your baby.

Image provided by the Federal SUID/SIDS Workgroup. Get more information and free materials on safe sleep at www.safetosleep.nichd.nih.gov.



Share the room, not the bed

- Room share—keep baby's safe sleep space within view and reach from where you sleep for at least 6 months.
- Being near your baby can help you learn signs for when baby is hungry and helps support breastfeeding.
- You can breastfeed your baby in your own bed. When finished feeding, put your baby back into his or her own separate safe sleep space.

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For questions about your baby ask your doctor, health care provider or home visitor.

Learn more at www.michigan.gov/safesleep or by reviewing [Your Guide to Breastfeeding](#).