



FOR IMMEDIATE RELEASE

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Livingston County Targets Safe Sleep for Infants in September

HOWELL, Michigan – September 9, 2010

As part of Safe Kids- Huron Valley, several Livingston County agencies, including Child Connect for Family Success/4C, Child Abuse Prevention Council of Livingston County (CAP), Livingston County Department of Public Health (LCDPH) and MSU Extension- Livingston County, are targeting September as Safe Sleep Month to educate parents, grandparents and caregivers on safe sleep practices and provide a safe environment for infants.

Please urge anyone caring for your infant to follow the **Seven Infant Safe Sleep Steps**:

1. **Baby sleeps by him or herself in a crib, portable crib, or bassinet.** Studies of bed-sharing have shown it to be dangerous including sleeping with an infant on a couch. Sleeping in a crib in the parent's room has been shown to reduce the risk of sudden infant death.
2. **Always put baby to sleep on his or her back even when he can roll over.** Stomach and side sleeping are never recommended for healthy infants.
3. **Nothing in the sleep area.** Soft objects such as pillows, quilts, comforters, sheepskins, stuffed toys, bumper pads, and other soft objects should be kept out of an infant's sleeping environment. Instead of blankets, use pajamas or sleep sacks that will keep the baby warm without the risk of covering the head.
4. **Keep baby's face uncovered during sleep for easy breathing.** Use a sleeper or sleep sack instead of a blanket.
5. **Don't allow anyone to smoke anything around baby.** This has been shown to be a major risk factor in sudden infant deaths.
6. **Don't overheat the baby.** Dress the baby in as much or as little clothing as you are wearing.
7. **Use a firm mattress with a tightly fitted sheet.**

Provide all caregivers with a Safe Sleep brochure. For a free Safe Sleep brochure and more detailed information, please visit <http://www.tomorrowschildmi.org/> or www.michigan.gov/safesleep. LCDPH has a lobby display to show a “Safe Sleep” environment, including handouts on crib safety, infant sleep tips, and where sleep sacks can be purchased. To view the **Tomorrow's Child's Safe Sleep Video**, go to the Updates section at www.LCHD.org.

For information on Helping Baby Back to Sleep and Tummy to Play, go to www.HealthyChildren.org - Back to Sleep, Tummy to Play.

Click www.cpsc.gov to search CPSC recalls for unsafe cribs. In the left-hand column, click either "crib", "bassinet", or "playpens/play-yards" (for portable cribs.) Then click "Find". Or call CPSC at 1-800-638-2772.

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www.lchd.org