

HOW MUCH DO YOU KNOW ABOUT INFANT SAFE SLEEP?

True or False? Infant Suffocation deaths are very rare.

Answer: False. In 2008, 52 Michigan babies, or **ONE BABY EVERY WEEK** died of suffocation. Risk factors for infant suffocation include sleeping in a non-infant bed such as a couch or adult bed, sleeping with another adult or child, and soft objects such as pillows, heavy blankets, and stuffed toys in the crib.

True or False? Babies should always sleep on their back, for every sleep and nap.

Answer: True. The AAP (American Academy of Pediatrics) recommends **back sleeping only**, with infant in a safe CPSC (Consumer Product Safety Commission) approved crib, alone, on a firm mattress, with no soft bedding or other objects in the crib.

True or False? It is never OK for Mom and other family members or caregivers to sleep with a new baby.

Answer: True. The safest place for baby to sleep is in his/her own crib, in the parent's room if they wish.