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FOR IMMEDIATE RELEASE:
Dec. 17, 2018

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Make sure babies have safe place to sleep when traveling for the holidays

LANSING, Mich. – Many Michiganders will be traveling in the coming weeks to celebrate the holidays with family and friends. The Michigan Department of Health and Human Services (MDHHS) is reminding parents and caregivers to make sure infants have a safe place to sleep during their journey.

“Whether you are going to the in-laws or staying in a hotel, make sure your baby has a safe place to sleep,” said Nick Lyon, MDHHS director. “Do not put babies on couches or inflatable mattresses or in a bed with siblings or other family members.”

Infants should sleep alone in a [crib](#), [portable crib](#), [bassinet](#) or [play yard](#) with only a firm [mattress](#) and tightly fitted sheet. No pillows, blankets, comforters, stuffed animals or other soft things should be in the sleep area. Car seats and other sitting devices are not recommended for routine sleep.

Other sleep recommendations include:

- Always place baby on the back to sleep. Once baby can roll from back to stomach and from stomach to back, he or she can be allowed to remain in the sleep position that he or she chooses.
- Avoid covering baby’s head or overheating. Dress the baby in as much or as little clothing as you are wearing. Instead of a blanket for sleeping, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.

For more information on infant safe sleep, visit Michigan.gov/safesleep. For information on crib safety, contact the Consumer Product Safety Commission at 800-638-2772 or [visit Cpsc.gov](http://visitCpsc.gov).

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