



Branch - Hillsdale - St. Joseph Community Health Agency

570 N. Marshall Road
Coldwater, MI 49036
(517) 279-9561
Fax (517) 278-2923

20 Care Drive
Hillsdale, MI 49242
(517) 437-7395
Fax (517) 437-0166
www.bhsj.org

1110 Hill Street
Three Rivers, MI 49093
(269) 273-2161
Fax (269) 273-2452

"Your Local
Health Department"

NEWS RELEASE
December 22, 2016

Contact: Erica Quealy, 517-241-2112,
quealye@michigan.gov
or
Rebecca Burns, Health Officer
517-279-9561, ext. 0148#

FOR IMMEDIATE RELEASE

Families Urged to Provide a Safe Sleep Space for Baby during Holiday Travel

COLDWATER, MI – The holidays are a busy time of year, often spent traveling away from home. For families with babies, travel can be especially hectic when trying to remember all of the necessities. One item to put at the top of your list is a safe space for baby to sleep when you're away from home.

To protect babies this holiday season, the Branch-Hillsdale-St. Joseph Community Health Agency and the Michigan Department of Health and Human Services (MDHHS) are reminding parents and caregivers to plan ahead and make sure there is always a safe space for baby to sleep – an approved crib, bassinet or pack and play.

"It's important that everyone caring for the baby, including grandparents, siblings, aunts and uncles, knows how to put a baby to sleep safely. If everyone knows the simple steps to safe sleep, we can all do our part in preventing an infant death," said MDHHS Director Nick Lyon.

Tragically, a baby dies nearly every other day in Michigan while sleeping in an adult bed, armchair or couch; with pillows or blankets; or with adults or other children. These deaths are 100 percent preventable with a safe sleep environment.

Michigan families are encouraged to follow these tips for safe sleep during every nap and night-time routine:

- Place your baby on their back, in a crib, bassinet or pack and play, with nothing else in their sleep environment.

- Plan ahead and take a portable crib with you when traveling.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby's sleep space clutter free – no pillows, blankets or toys.
- Avoid covering baby's head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.
- Remind everyone who cares for your baby, including babysitters and family members, how to keep baby safe while sleeping.

You can make sure every baby is sleeping safe this holiday season. Learn more at www.michigan.gov/safesleep. To receive other helpful tips and learn about services that can assist you as you care for your family, visit www.bhsj.org and like us on Facebook at www.facebook.com/bhsjwic.

#