



## Branch - Hillsdale - St. Joseph Community Health Agency

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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](http://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](mailto: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](http://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](http://www.bhsj.org) and like us on Facebook at [www.facebook.com/bhsjwic](http://www.facebook.com/bhsjwic).

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