What You Need to Know About Safe and Separate Sleep

What is a Safe Sleep environment?

A safe sleep environment is free of soft bedding, such as blankets, pillows, bumper pads, and soft toys. It is also free of loose blankets and pillows that may block babies' breathing.

Is it okay if my baby sleeps in the bed with me?

Share a room, not a bed with your baby. The danger to your baby increases when you share a sleeping space with them.

How should a baby sleep to be safe?

A baby sleeps safest alone, on their back, and in a crib or Pack 'n Play.

What if my baby sleeps in the car seat or stroller?

It's common for babies to fall asleep in their car seat and stroller. To practice safe sleep, take them out and place them on their back and in their crib for the remainder of their sleep.

Safe Sleep Statistics

8.8
Infant deaths per 1,000 live births in Saginaw County.

13.2
Infant deaths per 1,000 live births in the City of Saginaw.

2.5x
Black infant mortality rate is 2.5 times higher than white infants in Saginaw.

3,400
Babies in the U.S. die suddenly and unexpectedly each year.

Infant death is the death occurring to an individual less than one year of age. Statistics retrieved from bwellsaginaw.org and U.S. Centers for Disease Control and Prevention.

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