

District Health Department #4

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Reminders for Safe Baby Sleeping during Holiday Travel

Many families will be traveling over the coming months to celebrate the holidays with friends and family. Make sure your baby or the baby in your care has a safe place to sleep, for nap time and night time, at home and as you travel. Here are some tips to keep baby safe while you travel.

Review the safe sleep recommendations on what a safe sleep environment looks like. A firm, flat sleep area is safest for infants. A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. The mattress should be covered by a tightly fitted sheet with no other bedding or soft items in the sleep area.

Arrange for a safe sleep space at hotels and at your final destination. The Consumer Product Safety Commission has a Safe to Sleep® Crib Information Center, which explains that federal crib standards apply to hotels and motels and notes that inflatable air mattresses can be a deadly danger.

Use a car seat that is appropriate for your infant's age, weight, and height. The American Academy of Pediatrics Car Seats: Information for Families webpage provides information about car seats. All infants and toddlers should use a rear-facing car seat until they are 2 years old. The car seat should be placed in the back seat. When traveling by airplane, children who weigh less than 40 pounds should be fastened in a certified child restraint such as a car seat. Look for a label on the car seat that indicates it can be used on aircraft. Remember, though, that a car seat is not meant for routine sleep and should be used only during travel.

Educate other potential caregivers. When traveling for the holidays, other family members may want to place blankets, crib bumpers, or soft toys in the baby's crib. The Infant Safe Sleep site has resources and publications that can be used to show others all about safe sleep.

For more information on infant safe sleep, visit www.michigan.gov/safesleep. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.

District Health Department No. 4 serves Alpena, Cheboygan, Montmorency and Presque Isle counties since 1930. Our mission is to promote and protect the health of people and the communities where we live, learn, work and play.

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