



**Child's Hope**

***35 Years Strong!***

*OCTOBER 2020 NEWSLETTER*



The start of the fall season is here! Whether your children are going to school, doing online classes, or doing a mix of both, it is still important to remember to stay safe and have fun!



**A Big Big THANK YOU to all of you that supported our Back to School Drive! We were able to provide 64 Hope kits to MacGowan preschoolers!**

## **October is Infant Safe Sleep Awareness Month!**

Governor Gretchen Whitmer declared October 2020 Infant Safe Sleep Awareness Month calling attention to the importance of preventing sleep-related infant deaths. Most people think this would never happen to them, but the sad reality is that a baby dies nearly every other day Michigan and these deaths are overwhelmingly preventable.

To keep babies 0-12 months of age safe, while sleeping at night and during naps, follow the American Academy of Pediatrics guidelines:

- Place baby on back, in a crib, bassinet or pack n' play for every sleep time - nap time and night time.
- 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 baby, including babysitters and family members, how to keep baby safe while sleeping.
- Keep baby in a smoke-free environment.
- Support breastfeeding and immunizations.

Learn more about the safe sleep guidelines and [why they are recommended](#) to keep babies safe.

Nationally, October is also SIDS Awareness Month. To help spread the word, the [Safe to Sleep® Campaign](#) is encouraging organizations and individuals to participate in this year's [#SafeSleepSnap photo activity](#). They are also hosting a [Safe Infant Sleep Social Media Block Party](#). Take time to promote infant safe sleep in your community - educate your clients, friends and family. Join us and [learn how you can make a difference](#) in October, and all year long!

If you have any questions about infant safe sleep, please contact the Infant Safe Sleep Program at [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov).

Good night. Sleep tight. Sleep safe.

Learn more about the safest way for babies to sleep at [michigan.gov/safesleep](http://michigan.gov/safesleep)



FREE TRAININGS FOR GROUPS IN WAYNE COUNTY!



Contact us at (313)583-6401 or [office@childshope.org](mailto:office@childshope.org) to schedule your sexual abuse prevention training.



### Mandated Reporter Training

Under the Michigan Child Protection Law you may be required to complete the Mandated Reporter Training. Contact Traci Lee-Brown at [leebrown@michigan.gov](mailto:leebrown@michigan.gov) to learn more.

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