

TAKE THE STRESS OUT OF SLEEP... SAFELY BEDSHARE!

Determining sleeping arrangements can be difficult and confusing, but it does not have to be! Continue fostering your relationship with your baby through the night...SAFELY! Consider some facts about bedsharing and its many benefits.

by Taylor Lingle, BS

1 HEALTHY BABY

If your baby is a healthy, term baby, you are a good candidate to bedshare! As an infant grows, the risks of bedsharing with a caregiver decrease. In fact, bedsharing offers a degree of protection against sudden infant death for older babies!⁸

2 BABY ON ITS BACK

For safe infant sleep, it is ideal for your baby to sleep on its back, regardless of location. This position allows the baby to better regulate its body temperature and breathing. Once breastfeeding is established, offering a pacifier can also provide additional protection during sleep!⁴

3 FIRM SURFACE

Soft bedding with multiple pillows is not needed for an infant to sleep comfortably. Sofas, recliners, and extra blankets present additional breathing risks. Creating an environment that maintains its shape, even if your baby moves, is key to safely sharing a sleep surface.

4 SOBER SHARERS

Avoid the use of alcohol, sedative medications, and smoking cigarettes if bedsharing with your infant.³ Use of these products decreases alertness of the adult and significantly increases the risks for the baby while sleeping. Sleep safe...sleep smart...sleep sober!

5 MAKE IT A ROUTINE

Bedsharing poses no significant risks to infants when all other potential hazards have been eliminated and the co-sleeper does so routinely. Practice makes perfect, and a safe baby makes for a happy parent!

6 NO LOOSE COVERS

Loose covers and extra blankets are hazardous for infants while they are sleeping. These items pose additional risks of the baby's face being covered and strangulation. The good news: infants require no additional cover while sleeping, so you can keep it simple!

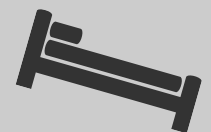
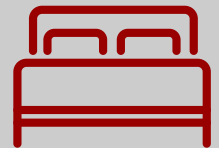
7 BREASTFEEDING DAY & NIGHT

Bedsharing is very supportive of the breastfeeding relationship you build during the day; it even has a name: breastsleeping!¹¹ Bedshare with your baby and conveniently feed her throughout the night.

Still not convinced? Breastfeeding is also protective against potential sudden infant death risk factors!

8 SUPPORT

Breastsleeping is an ancient concept, but newly recognized as normal in today's society. Support of partners, families, friends, and providers is crucial to sharing the facts and dismantling the myths surrounding the safety of bedsharing!



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