

Breast feeding is very important for your baby's health. It's OK to nurse in bed, but when it's time to sleep, place your baby in a separate, safe sleep area near your bed.



Adult beds are NOT safe for sleeping babies!

- * Soft bedding, pillows, blankets, quilts, and padded mattress tops all increase your baby's risk for SIDS and suffocation.
- * Adults or siblings in the bed can accidentally roll too close to or onto your baby.
- * Babies can get trapped between the mattress and the wall, headboard or footboard.

For more information on safe infant sleeping please see the following resources:

- * American Academy of Pediatrics (AAP) at www.aap.org
- * March of Dimes at www.marchofdimes.com
- * Northeast Healthy Start Coalition at www.healthystart.org

Safe Sleeping For Your Baby



Create a Safe Sleep Zone

- * Your baby should sleep on a firm mattress covered with only a tight-fitting crib sheet.
- * Use a wearable blanket or other type sleeper instead of blankets to keep your baby warm.
- * Never place pillows, stuffed animals or toys in your baby's crib.
- * Never use crib bumper pads or positioning wedges in your baby's crib.
- * Never sleep with your baby on a couch or armchair.

Always Place Your Baby on His/Her Back for Sleep

- * Sleeping on the back will lower the risk of Sudden Infant Death Syndrome (SIDS).
- * Your baby can be placed on the stomach for "tummy time" only when he/she is awake and you are supervising.



Important Information About Bed Sharing (also called co-sleeping)

Research has shown that bed sharing can be unsafe. *Bed sharing is even more unsafe when:*

- * You or your partner smoke
- * Your baby is less than 11 weeks old
- * Your baby was born too early or at a low birth weight
- * You or your partner have taken drugs, alcohol, or medications that make you sleepy
- * You share your bed with other children or pets