

Bedsharing and Breastfeeding

REAL LIFE. INFORMED CHOICES. A SAFER TOMORROW.

You may not plan to fall asleep with your baby. Having a plan is a loving choice.

The first months with a baby can be exhausting. Your baby may feed often, wake when you try to put them down, or settle best when they're close to you. Even parents who fully intend to return baby to a separate sleep space can unexpectedly fall asleep while feeding or comforting their baby. Thinking through that possibility ahead of time means you won't be making important safety decisions for the first time when you're exhausted. **This guide can help you make a plan before you need one.**

Informed today for a safer tomorrow.



THE SAFEST SLEEP PLAN

Place baby on their back in their own clear, flat, separate sleep space near you.

Room-sharing (keeping baby in your room) is recommended for at least the first 6 months.



Avoid Bedsharing When...

CERTAIN SITUATIONS INCREASE RISK.

- ✗ You or anyone sharing the bed has recently used alcohol or drugs.
- ✗ You or anyone sharing the bed has taken medication that makes you sleepy.
- ✗ You or anyone sharing the bed smokes.
- ✗ Your baby was born premature or has a low birthweight.
- ✗ You are on a sofa, recliner, or chair.



If Bedsharing Happens, Reduce the Risks

SIMPLE STEPS CAN MAKE A DIFFERENCE.

- ✓ Use a firm, flat mattress.
- ✓ Place your baby on their back at breast level.
- ✓ Keep pillows, heavy blankets, and loose bedding away from your baby.
- ✓ Make sure there are no gaps or spaces where your baby could become trapped.
- ✓ Do not use a guardrail.
- ✓ No other children or pets should share the bed with you and your baby.
- ✓ Only one baby at a time (for twins or multiples).
- ✓ Never leave a baby alone on an adult bed.

If Bedsharing Happens: The Cuddle Curl

Lie on your side, facing your baby, with your body in a gentle C-shape around them. Keep your baby on their back at breast level, away from pillows and bedding.



When You Wake

RETURN BABY TO THEIR OWN SPACE.

Once you are awake, move your baby back to their separate sleep space, such as a bassinet or crib, to reduce risk as much as possible.



A NOTE ABOUT AIRFLOW

Some research has found an association between using a fan in the room and a lower risk of SIDS. A fan is not a substitute for established safer-sleep practices.

Rest easy, I've got tonight covered.