

## THE DANGERS OF SHARING A BED WITH YOUR BABY

- A separate but close sleeping environment is recommended by the American Academy of Pediatrics, such as a separate crib in the parent's bedroom.
- Bed-sharing with an infant is dangerous. Please remember:
  - Your baby should sleep:
    - Alone
    - On his/her back
    - In a crib or a separate safe sleep surface
    - On a firm mattress with a tight-fitted sheet
    - With no heavy blankets, toys, bumper pads or pillows that could cover the face or cause overheating
- The risks associated with bed-sharing are even greater when the adult:
  - Is excessively tired or overweight
  - Is a smoker
  - Has used alcohol, drugs, or prescription or over-the-counter medications that cause drowsiness.
- Adults, children, or other siblings should avoid bed-sharing with an infant.



## OTHER DANGEROUS SITUATIONS TO AVOID

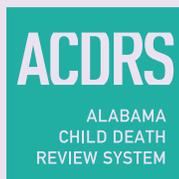
- Your baby should never sleep on a waterbed, recliner, futon or sofa - with or without you. It is too easy for the baby to slip into a crack and suffocate.
- Your baby should never sleep in a bed with other children who can accidentally roll over on the baby while both are sleeping.
- Your baby should never sleep on an adult bed, since she/he can fall off or become trapped between the bed and the wall, frame or anything else you use to keep the baby from falling out of the bed. These are all high-risk situations for suffocation.

**Remember that parents and babies should be close, but adult beds were not made with infant safety in mind.**

- \* It should be noted that the U.S. Consumer Product Safety Commission is on record as opposing bed-sharing by an infant and an adult, especially if there is more than one adult in the bed.

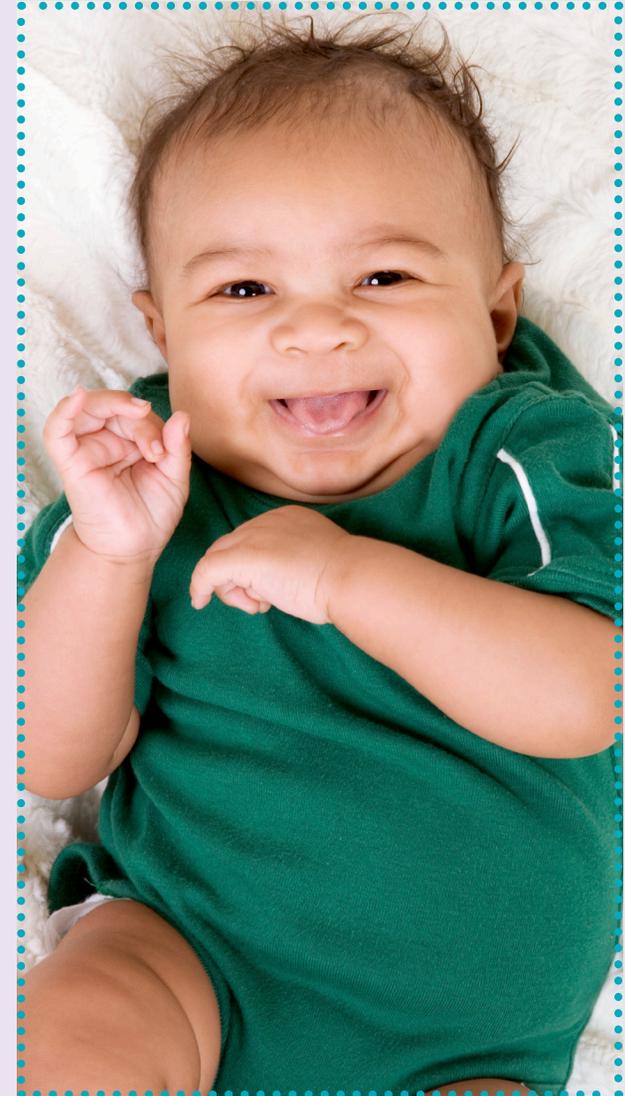
## SUPPORTING ORGANIZATIONS

Alabama Child Death Review System  
Alabama Chapter of the American Academy of Pediatrics  
Alabama Perinatal Program  
Alabama Network of Children's Advocacy Centers  
Alabama Department of Child Abuse and Neglect Prevention  
Voices for Alabama's Children



For More Information:  
ACDRS  
1-334-206-2953 or  
[www.adph.org/cdr](http://www.adph.org/cdr)

# Safety for Sleeping Babies



ALABAMA CHILD DEATH REVIEW SYSTEM

# Safety for Sleeping Babies

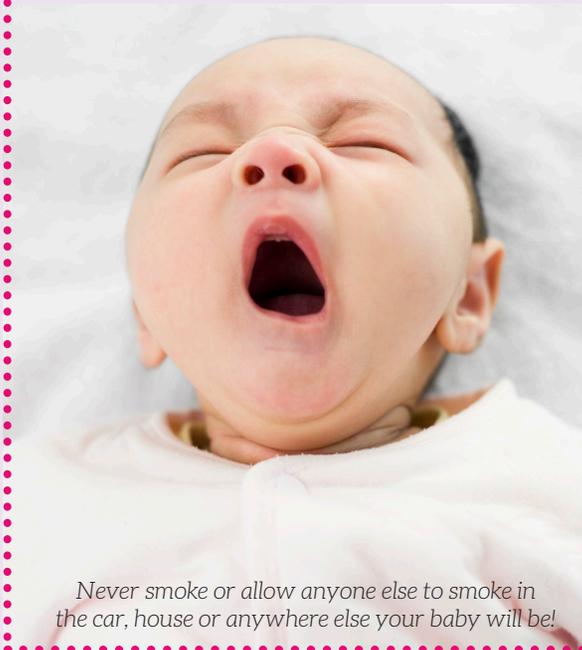
## WHERE SHOULD MY BABY SLEEP?



- A crib that conforms to the safety standards of the Consumer Product Safety Commission (CPSC) is the desired sleeping environment for your baby.
- The American Academy of Pediatrics recommends a separate but close (in the same room) sleeping environment.
- You may also choose to put the baby's crib in his/her room.
- Sometimes, mothers who breastfeed fall asleep with their baby in their bed. Some parents will choose to sleep with their baby in bed with them. Experts do not agree on the potential benefits of sharing a bed with your baby. Experts do agree, however, that there are many factors that can make sharing a bed with your baby unsafe (see "The Dangers of Sharing A Bed with Your Baby").

## SLEEPING POSITION RECOMMENDATIONS

- **BACK TO SLEEP** - Always place your baby on her/his back to sleep (unless you are instructed not to for other health reasons by your baby's doctor).
- Avoid putting your baby on his/her side or stomach because this increases the risk of Sudden Unexpected Infant Death (SUID).
- The use of special devices such as wedges and cushions when positioning your baby is NOT recommended.
- Remember to put your baby on her/his tummy ("tummy time") while awake and supervised.
- Consider offering a pacifier at nap time and bedtime.



*Never smoke or allow anyone else to smoke in the car, house or anywhere else your baby will be!*

## SAFE SLEEP ENVIRONMENT

### BARE IS BEST!

- Use a safe sleep surface with railings that are no more than  $2\frac{3}{8}$  inches apart (you can't fit a soda can through them)
- Use a crib that meets current CPSC standards
- Keep pillows, heavy blankets and bumper pads out of baby's crib, bassinet or play yard
- Use a firm, tight-fitting mattress
- Positioning devices are unnecessary and can be deadly
- For warmth, dress baby in footed pajamas

### Also keep in mind:

- Make sure your baby's head and face remain uncovered during sleep.
- Do not let your baby get overheated.
- Keep the room temperature comfortable for a lightly clothed adult.
- Your baby should be in a one-piece sleeper with nothing over her/him.
- If it's cold, layer the baby's clothing (for example, add a tee-shirt and socks under their sleeper) and use only a light receiving blanket, if necessary.
- Do not use home monitors or commercial devices marketed to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Assure that others caring for the infant (child care provider, relative, friend, babysitter) are aware of these recommendations.

**BASED ON THE RECOMMENDATIONS OF THE AMERICAN ACADEMY OF PEDIATRICS**