

Make Your Infant's Sleep Space – Safe

The American Academy of Pediatrics and the U.S. Consumer Product Safety Commission tell parents to avoid bed-sharing with infants under 4 months of age.

Bed-sharing is the parent and the infant sleeping in the same bed. Bed-sharing creates a risk of death from:

- Sudden Infant Death Syndrome (SIDS),
- Suffocation, and
- Strangulation.

Instead, parents and their infant should *room-share* — sleep in the same room *without sharing a bed*. The infant has his own crib or bassinet close to the parent's bed.

During the night, parents can easily hear and check on their baby. Having a baby close by makes nighttime breastfeeding handy. According to research, *breastfeeding* and *room-sharing* both reduce the risk of SIDS.

Sleeping with a baby on a couch, recliner or arm chair is also a *safety issue*. Parents and caregivers can easily roll onto a baby's tiny body. A body, pillow or soft material can trap a baby's face and suffocate him. Even a



heavy arm across a tiny chest can stop or hinder a baby's breathing.

Keep your baby safe while sleeping in a crib or bassinet.

- **Put her to sleep on her back.**
- *Remove all soft objects, loose bedding and crib bumper pads.*
- Use a firm sleep surface with a *snug* fitted sheet.
- Dress him to avoid *over-heating*.

Many babies spend time in non-parental child care. Discuss sleep hazards with everyone who cares for your baby. Caregivers may not know *safe-sleeping rules*.

Other Risks to Baby

- Baby sleeping on his side or stomach
- Baby sleeping in a baby swing.
- Baby sleeping on a caregiver's shoulder.
- Parents using alcohol or drugs that cause sleepiness while caring for baby.
- Parents smoking, even if they do not smoke around the baby.

Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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