

Where Will Your Baby Sleep?

What is Room Sharing?

Room sharing is when your baby sleeps in the same room as you, in a crib, bassinet, or cradle near your bed. Baby sleeps near your bed, not in your bed.

What is Bed Sharing?

Bed sharing or co-sleeping is when your baby sleeps in the same bed with you, another adult, child, or pet.

Is Bed Sharing Safe?

Bed sharing (co-sleeping) is not recommended and can be dangerous. You may roll over on top of your baby. Your baby may also get too warm. Room sharing is much safer.

What is Sudden Infant Death Syndrome (SIDS)?

SIDS is the sudden, unexplained death of an infant under 1 year of age.

The cause of SIDS is still unknown but there are things you can do to reduce your baby's risk of SIDS. Always place a baby to sleep on his or her back. Room sharing is also recommended.

For the safety of your baby, if you breastfeed in your bed:

- ALWAYS put your baby back in his or her own crib or bassinet before you fall asleep.
- DO NOT take prescription medicine, drugs, or alcohol that might make you sleepy, drowsy, or impair your judgment.
- DO NOT have less than 4 hours of sleep the night before.



Enriching Lives Through Effective
And Caring Service



COUNTY OF LOS ANGELES

Public Health



For more information about SIDS and infant safety, contact:

Los Angeles County—Department of Public Health
Maternal, Child and Adolescent Health Programs
Fetal & Infant Health
600 S. Commonwealth Ave., Ste. 800
Los Angeles, CA 90005
(213) 639-6457; <http://www.lapublichealth.org/mch>

California SIDS Program
(800) 369-7437; <http://www.californiasids.com>

National Institute of Child Health
and Human Development
(800) 505-2742; <http://www.nichd.nih.gov/sids>

Consumer Products Safety Commission
1 (800) 638-CPSC; <http://www.cpsc.gov>



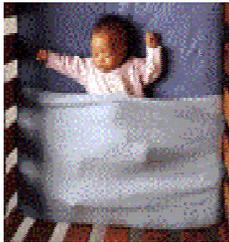
Safe Sleep Tips For Your Baby

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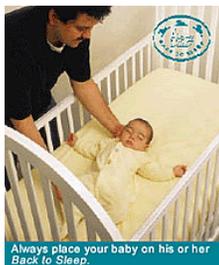
1. **Always place your baby on his or her back to sleep, for naps and at night.**
The back is the safest sleep position for your baby and every sleep or nap time counts.



2. **Place your baby on a firm mattress, covered by a fitted sheet.**
Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.



3. **Keep soft objects, toys, and loose bedding out of your baby's sleep area.** *Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your baby's sleep area, and keep all objects away from your baby's face.*



4. **Do not allow smoking around your baby.**
Don't smoke before or after the birth of your baby, and don't let others smoke around your baby.



5. **Your baby should sleep close to your bed but not in your bed.** *Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but sleeping in the same room as you is recommended. If you breast-feed in bed, put your baby back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside co-sleeper (infant bed that attaches to an adult bed) when finished breastfeeding.*



6. **Using a pacifier is okay when placing your baby to sleep, but don't force the baby to take it.** *If you are breastfeeding your baby, wait until your baby is 1 month old or is used to breastfeeding before using a pacifier.*



7. **Do not let your baby overheat during sleep.** *Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for you.*



8. **Don't use products that claim to prevent SIDS.** *There is no device that can prevent SIDS. If you have questions about using any products, talk to your health care provider.*



9. **Provide "Tummy Time" when your baby is awake and someone is watching.** *This reduces flat spots on a baby's head and helps develop neck and stomach muscles.*



Share this information with everyone who cares for your baby including grandparents and other family members, friends, and child care providers.