

# 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>



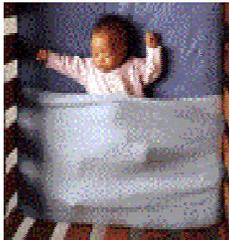
# Safe Sleep Tips For Your Baby

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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.