

Co-sleeping

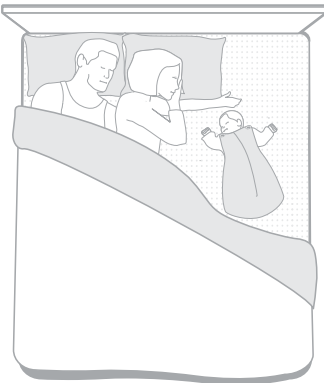


Co-sleeping is when parents bring their babies into bed with them to sleep.

The safest place for a baby to sleep is in their own safe sleep space. Red Nose does not recommend co-sleeping (sharing a sleep surface), however we acknowledge that some parents choose to co-sleep while others may find themselves co-sleeping unintentionally. If you choose to co-sleep it is important to know how to reduce the risks, as there are some circumstances where co-sleeping with your baby can be especially dangerous. This guide can help.

Follow these tips to minimise the risks

- Always place baby on their back to sleep
- Create a clear sleep space for baby to sleep
- Make sure baby's face and head remain uncovered
- Tie up long hair and remove all jewellery including teething necklaces
- Make sure the mattress is firm and flat
- Place baby to the side of one parent – never in the middle of two adults or next to other children or pets
- Make sure your bedding and sheets can't cover baby's face
- Move the bed away from the wall – so baby can't get trapped between the bed and the wall
- Keep pillows away from baby's sleep space
- Make sure baby can't fall off the bed
- Use a safe sleeping bag with no hood and baby's arms out – don't wrap or swaddle baby

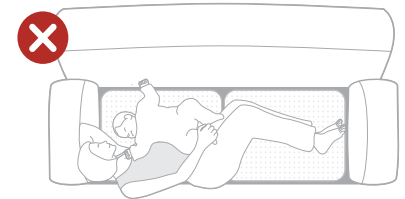


When not to co-sleep

In some circumstances, co-sleeping can be very dangerous for a baby.

- You are overly tired or unwell
- You or your partner have taken any drugs that make you feel sleepy or less aware
- You or your partner have recently consumed alcohol
- Baby is premature or small for their gestational age.
- You or your partner smoke, even if you don't smoke in the bedroom

These co-sleeping positions are very unsafe and should be avoided



Safe Sleep Advice Hub
Red Nose Safe Sleeping Advice Line
1300 998 698 (during business hours AEST/AEDT)
education@rednose.org.au
rednose.org.au/safesleep