

Co-sleeping

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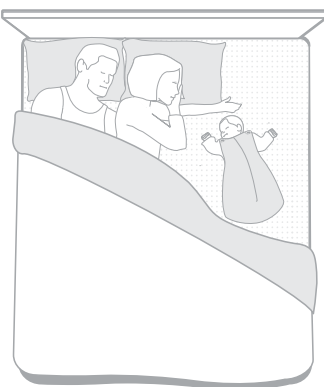
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Co-sleeping is when parents bring their babies into bed with them to sleep.

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
- ✓ Place baby to the side of one parent – never in the middle of two adults or next to other children or pets
- ✓ Make sure the mattress is firm and flat
- ✓ 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

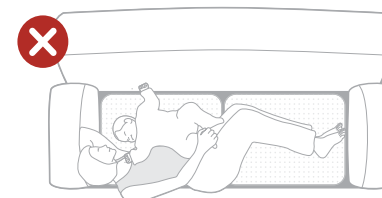


✗ When **not** to co-sleep

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

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

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



Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

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

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