

Sleep Safe, Sleep Well

Where Should Our Baby Sleep?

There are three main places your baby might end up sleeping: in your bed, in their own bed in your room, or in their own room. The safest place for your baby is in your room for a variety of reasons, but ultimately the choice to co-sleep, or not, is a decision that must be made by your family. In the early days many families will opt to co-sleep simply to get more rest, even though they had not planned on it. Follow your instincts, you have them for a reason!

Best,

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Bed-Sharing

Do:

Secure the bed by making sure there are no gaps between mattress and headboard and guard rails.

Put baby to sleep on their back. (If they flip themselves to their belly that is okay.)

Use a firm mattress.

Keep blankets and pillows to a minimum and sheets well fitted.

Do Not:

Bed-share while under the influence of alcohol, medication, or any other substance that alters your sleep pattern.

Co-sleep with your child on a couch or chair.

Swaddle if co-sleeping.



The practice of bed-sharing has been hit with some controversy in recent years, but when done correctly is not only the biological norm of humans, it also a perfectly safe way to sleep. Research has shown that by sleeping together the mother is able to assess the condition of the baby, and automatically adjusts for necessary physiological and behavioral changes in the infant. Bed-sharing is also the most practical way to breastfeed at night and be well-rested. See <http://cosleeping.nd.edu/safe-co-sleeping-guidelines/> for more information.

Co-Sleeping

Do:

Follow safe crib practices.

Follow manufacturer guidelines for the duration of use.

Register whatever product you use for baby to sleep in, so that you will be notified if there is a recall.

Be aware that whatever product you choose to use (bassinet, crib, co-sleeper) will have sheets specifically sized to fit it. Most of these products do not have interchangeable sheets.

See

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-safe-sleep-recommendations-to-protect-against-sids.aspx> for more information.



Another solution to maximize sleep if bed-sharing is not for your family is co-sleeping. The practice of co-sleeping is the baby in your room, but in their own sleep space such a co-sleeper, bassinet, or crib. This seems to be a good compromise for many families that do not want to bring the baby to their bed.

Sleeping In A Crib In Their Own Room



There is an incredible amount of pressure on parents to put their baby in their own room at a very young age. Follow your instincts, if it feels like the right thing to do, go for it! If it is not working well for your family, consider co-sleeping or bedsharing.

Do:

Make sure there is no more than two fingers worth of gap between the mattress and crib.

Register your crib, so you will be notified if there are recalls.

Dress baby warmly so they will be comfortable throughout the night.

Make sure your crib meets current safety standards.

Put baby to sleep on their back. If they are able to flip over that is okay.

Use a baby monitor. Consider getting a video monitor so you can check on your baby if you feel concerned about being separated.

Lower the crib mattress when baby can stand up.

Do Not:

Use bumpers.

Use drop side cribs.

Put blankets, pillows, or stuffed animals in the crib.