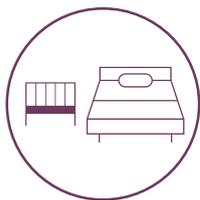


Share a room with your baby



Room-sharing means that your baby sleeps in the same room as you or another person, but on a separate sleep surface like a crib, cradle or bassinet.

Room-sharing keeps your baby close, safe and:

- supports the bond between you and your baby
- makes it easier to learn and respond to your baby's cues
- makes it easier to feed your baby, especially at night. If your baby is brought into bed for feeding, they're safer when put back in their own crib, cradle or bassinet before you go to sleep.

Don't share a bed, sofa or any other sleep surface with your baby

Bed-sharing means that a baby sleeps on the same surface like a bed or sofa with another person. This includes a parent, caregiver, child or even a pet. Bed-sharing increases a baby's risk of SIDS.

Babies can also fall, or be strangled or suffocate if:

- trapped between a mattress and headboard or footboard
- wedged against a wall or person
- tangled in bedding, pillows or cushions

If you choose to bed-share:

- never sleep with your baby on any soft or padded surface such as a sofa, upholstered chair, bed with a soft mattress or bedding, water or air-filled mattress
- keep bed covers, blankets and pillows far away from your baby
- make sure that you and your partner know when your baby is in the bed with you
- never sleep with your baby if you or your partner:
 - smoke
 - have taken alcohol, marijuana, street drugs or any prescription, over-the-counter or herbal medicine. These can make you less able to respond to your baby's needs
 - are overtired from stress or lack of sleep

If you choose to bed-share, make sure to follow all the information in this brochure. Remember that it still won't make bed-sharing safe.

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Healthy Parents,
Healthy Children

To learn more about safe sleep for your baby, go to HealthyParentsHealthyChildren.ca
A practical guide to pregnancy and being a parent

If you have any questions or need support, call Health Link at 811 or talk with your health care provider.



Safe Sleep

for your baby's first year

What you can do to help reduce the risk of SIDS (sudden infant death syndrome) and prevent other sleep-related injuries and deaths in babies.



Safe Sleep

for your baby's first year

Research tells us that you can reduce the risk of SIDS and prevent other sleep-related injuries and deaths in babies up to 1 year old by doing these important things:



Put your baby on their **back to sleep, every sleep**



Use a **crib, cradle or bassinet** that is **free of clutter**



Keep your baby **warm, not hot**



Keep spaces **smoke-free** before and after birth



Breastfeed your baby



Share a room. Don't share a bed, sofa or any other sleep surface with your baby

Put your baby on their back to sleep, every sleep



Always put your baby on their back to sleep for their first year. This lowers their risk of SIDS. Even when your baby can roll over on their own, research tells us to still put them on their back to sleep. If they roll over, you don't have to move them back.

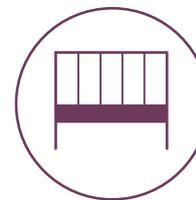


Back to sleep, tummy to play

When your baby is awake and with you, place them on their tummy to play several times every day. Tummy time helps prevent flat areas on their head. It also helps with your baby's development and makes their body stronger to be able to roll, sit and crawl.

Remember—back to sleep, tummy to play.

Use a crib, cradle or bassinet that is free of clutter



A safe crib, cradle or bassinet helps reduce the risk of SIDS and prevents your baby from being trapped, suffocated or strangled.

A safe crib, cradle or bassinet has:

- a firm, flat mattress that's in good condition and fits snugly into the frame
- a tight-fitting bottom sheet for the mattress
- no stuffed animals, toys, pillows, bumper pads or other items such as heavy blankets, quilts, sheepskins or positioning devices, such as wedges or rolls

Make sure the crib, cradle or bassinet follows government safety standards. To learn more, visit HealthyParentsHealthyChildren.ca.

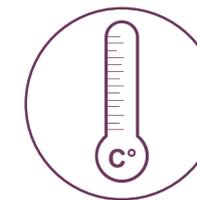
Playpens are for play

Playpens shouldn't be used for unsupervised sleep—they don't meet the same safety requirements as cribs, cradles and bassinets.

Car seats are for travel

Car seats keep babies safe during travel and shouldn't be used for sleeping. It's not safe for babies to sleep in a seated position. Plan ahead. When you get to where you're going, take your baby out of the car seat and put them on their back to sleep on a safe sleep surface.

Keep your baby warm, not hot



Babies are safest when the room temperature is comfortable for an adult wearing light clothing. A baby who is too warm is at a higher risk of SIDS. If the room is cool, choose a warmer sleeper, rather than over-dress or

over-bundle your baby. Babies don't need extra blankets. If using a blanket, make sure it:

- is light-weight
- is firmly tucked under all 3 sides of the mattress
- reaches only to your baby's chest

Keep spaces smoke-free before and after birth



Help your baby be healthy by being smoke-free. Babies whose mothers smoke while pregnant are at a greater risk of SIDS.

Make sure no one ever smokes around your baby. A baby exposed to second-hand smoke both before and after birth is at a greater risk of SIDS.

For help to cut back or quit smoking, visit albertaquits.ca or call toll-free **1-866-710-QUIT (7848)**.

Breastfeed your baby



Research tells us that breastfeeding may reduce the risk of SIDS, and other illnesses. Exclusive breastfeeding is recommended for the first 6 months of life.