

Co-sleeping

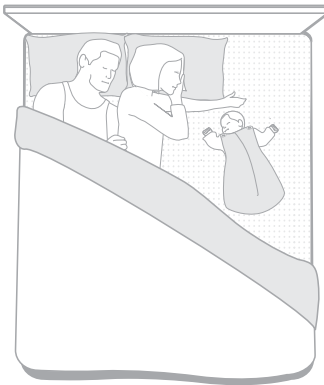


Co-sleeping is when parents bring their babies into bed with them to sleep.

It is important for you to know how to do it safely, as there are some circumstances where co-sleeping with your baby can be dangerous. This guide can help.

Follow these tips for safer co-sleeping

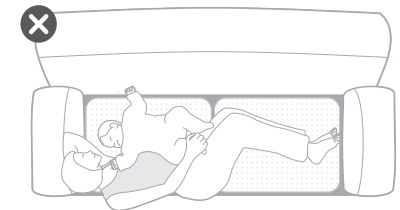
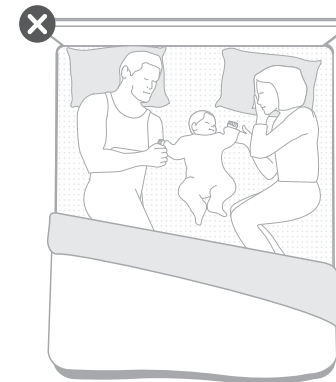
- Always place baby on their back to sleep
- Create a clear sleep space for baby to sleep
- Make sure baby's face and head remain uncovered
- Tie up long hair and remove all jewellery including teething necklaces
- Make sure the mattress is firm and flat
- Make sure your bedding and sheets can't cover baby's face
- Place baby to the side of one parent – never in the middle of two adults or next to other children or pets
- Make sure baby can't fall off the bed
- 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
- 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.



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