



The safest place for
baby to sleep is in
a crib, bassinet or
pack 'n play.

For more information call
800-808-7437


Center for Infant & Child Loss

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Department of Pediatrics, Division of Neonatology
737 W. Lombard St., Room 233, Baltimore, MD 21201
800-808-7437 or 410-706-5062 FAX 410-706-0146

www.infantandchildloss.org



Gina Marie Lazzareschi Photography

**Share Your Room
Not Your Bed**

*Follow the tips in this
brochure to keep your baby
safe while he sleeps.*

Make *sleep time safe time*

Pediatricians recommend that your baby sleep near you in the same room, but not in your bed.

Bed sharing increases the risk of sudden infant death.

If your baby is in your bed you could roll on top of her, she could suffocate in the blankets or pillows, she could be wedged between you and the wall.

Baby can fall from the bed and get hurt.

If you are breastfeeding in your bed, return baby to his own sleep surface for sleep.

Use of alcohol, drugs or prescription medicine while sleeping with your baby can make you unresponsive and increase the risk of sudden infant death.



Sleeping parents won't know when their baby is in danger and babies aren't strong enough to protect themselves.

When you travel, be sure baby has a safe place to sleep.

Place baby in a crib, pack 'n play or bassinet that is free of blankets, crib bumpers, toys and soft objects.

Always place baby on his or her back for sleep.

Create a smoke free zone around your baby.

