

# Share Your Room, But Not Your Bed



- ♥ 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, accidental suffocation, wedging and entrapment.
  - ♥ 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.
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- ♥ 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.

*For more information about safe sleep, visit our website at [www.infantandchildloss.org](http://www.infantandchildloss.org) or call 800-808-7437.*

  
*Center for Infant & Child Loss*

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