



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

For more information call  
**410-706-5089**

  
*Center for Infant & Child Loss*

*"Providing bereavement support to Maryland families for 45 years."*

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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

The American Academy of Pediatrics recommends room sharing with your baby but not bed sharing for sleep.

Only bring your baby into your bed to feed or comfort. Place your baby back in his or her own sleep space when you are ready to go to sleep.

Place baby in a crib, pack 'n play or bassinet that is free of blankets, pillows, stuffed toys, bumper pads or soft objects. Never place your baby to sleep on a couch, sofa, or armchair to avoid risk of falling or suffocation.

The Centers for Disease Control (CDC) recommends that you not let your child fall asleep on nursing pillows or pillow-like lounging pads. Their position could change, leading to a blocked airway.

Babies should always sleep on their back for naps and at night on a firm surface.



The CDC recommends against the use of alcohol, drugs or prescription medicine while caring for your baby. These substances can make you unresponsive and increase the risk of sudden infant death.

Do not smoke during pregnancy or after your baby is born. Keep your baby away from places where people smoke - even outside.

Sleeping parents aren't aware when their babies are in danger and babies aren't strong enough to protect themselves.

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

