

BED SHARING

What is Bed Sharing?

Bed Sharing refers to a sleeping environment in which the baby shares the same sleeping surface with another person.



What is Co-Sleeping?

Co-Sleeping refers to a sleeping environment in which the baby shares the same room with a parent/caregiver.



Infants who share a bed with another person, adult or child, are at an increased risk for SIDS

- ✓ **DO** put the baby to sleep on his/her back – always!
- ✓ **DO** put the baby to sleep in a crib.
- ✓ **DO** keep a sleeping baby where you can hear him/her.
- ✓ **DO** check on a sleeping baby frequently.

- ⊗ **DON'T** place toys, bedding, pillows, and stuffed animals in the crib.
- ⊗ **DON'T** let a baby overheat during sleep — keep room temperature between 68°–72°F.
- ⊗ **DON'T** cover a baby's head or bundle a baby in heavy clothing.
- ⊗ **DON'T** allow smoking around the baby – keep the baby's sleeping environment smoke-free.
- ⊗ **DON'T** place baby in crib or bed with another person.



**Department of
Early Education and Care**

