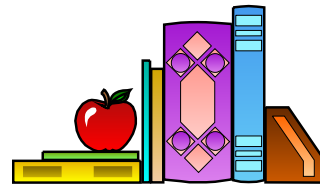


Safe Bedding Practices for Infants



Although the American Academy of Pediatrics, 2011, discourages bedsharing between parent and infant, it is recognized that bedsharing often happens, especially when a mom is breastfeeding her baby. The AAP does encourage room sharing and states a mother can take the baby to bed for nursing but recommend returning the baby to his space for sleep. The issue becomes not so much “bedsharing” as “safe practices” when it comes to putting your baby down for the night.....

- Exclusive breastfeeding at 1 months of age halves the risk of SIDS at all ages throughout infancy. Even partial breastfeeding reduces the risk of Sudden Infant Death Syndrome. (Vennemann, et al. 2009 Pediatrics e406 abstract, p 888, March.)
- Place baby on his/her back on a firm tight fitting mattress in a crib that meets current safety standards.
- Remove pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products from the crib.
- Consider using a blanket-sleeper or other sleep clothing as an alternative to blankets.
- If using a blanket, put the baby with his feet at the foot of the crib. Place a thin blanket over the baby, reaching only as far as the baby's chest.
- Make sure the baby's head remains uncovered during sleep.
- Do not place the baby on a waterbed, sofa, soft mattress, pillow-top mattress, pillow, or other soft surface to sleep.
- Encourage supervised awake “tummy time” for all infants.
- The Academy of Breastfeeding Medicine states these are additional risk factors to avoid.
 - Environmental smoke exposure
 - Parental use of drugs, alcohol or medications
 - Exhaustion or sleep deprivation
 - Sleeping with non parents, siblings or pets
 - Infant overheating