

# Bed Sharing With Your Baby

## Under 1 Year of Age



### Family Issues

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### Sleep Practices in Hospital

We want your baby to have a safe place to sleep while in the hospital. The safest place for your baby to sleep while they are in hospital is in a crib. Babies should not sleep with parents on bedside chairs, sofas or cots due to the risk of falling, getting trapped or having their breathing blocked.

Putting babies on their backs to sleep in an infant crib reduces the risk of Sudden Infant Death Syndrome (SIDS). SIDS is sudden and unexplained death of a baby under one year of age. Because many SIDS babies are found in their cribs, some people call SIDS “crib death” but cribs do not cause SIDS.

### What can I do to help lower the risk of SIDS?

1. Always put your baby to sleep on his back to sleep, even for naps.
2. Put your baby on a firm mattress to sleep. Soft mattresses, a sofa, sofa cushions, waterbeds or other soft surfaces can increase the risk of SIDS.
3. Remove stuffed toys, pillows, quilts and other soft fluffy bedding from your baby's sleep area.
4. Make sure your baby's head and face are not covered during sleep. Keep blankets and other coverings away from baby's mouth and nose. Tuck blankets and other covering under the foot of the bed to help keep them away from your baby's face.
5. Do not allow smoking in your home.
6. Do not let the baby get too warm during sleep. Baby's room should be at a temperature that is comfortable for you. Too many layers of clothing or blankets can overheat your baby.
7. Make sure everyone who cares for your baby knows and understands these guidelines.

### What can I do to keep my baby safe when sleeping while in the hospital?

1. Have your baby sleep alone in his crib.
2. Always raise the siderails on the crib when leaving your baby alone.
3. Your baby needs to sleep alone in a crib if their well being needs to be checked often or they need complex medical equipment. This also helps nurses and doctors help your baby quickly and efficiently and give them the care they need.
4. Do not sleep with your baby on a parent cot or chair or climb into the crib with her.
5. Use one light blanket or sheet tucked in at the bottom of the crib to make sure baby's face is not covered when sleeping and he does not get too hot.
6. Keep crib clear of clutter. Do not put soft materials including pillows, quilts, comforters, sheepskins and stuffed toys under a sleeping baby or in the sleeping area.

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## **What if my baby is used to sleeping with me?**

We realize that your baby may be used to sleeping with you at home but that may not be possible while your baby is in hospital. We appreciate your understanding of this. It helps us to give the medical and nursing care to your baby throughout the day and night.

If you choose to sleep in a bed with your baby:

- ▶ never leave her alone on the bed. If you must leave the room, make sure someone can stay with her;
- ▶ a nurse will be checking on the baby's well-being every hour and you may be awakened;
- ▶ if the nurse is concerned with the baby's well-being, you will be awakened.

If you would like more information on this topic, please talk with your baby's nurse or doctor.

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**Notes:**