

Choices

Safe bed sharing ...

тино pai

- a smokefree pregnancy
- safe adults to bed share with
- safe places to sleep
- safe position for baby - on the back

Unsafe bed sharing ...

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- **when adults are less aware**
Smoking, drugs and alcohol can make adults less aware and risk rolling onto babies.
- **unsafe places**
Babies can roll to face-down on soft surfaces, bean bags or waterbeds. They can get wedged against things or into gaps on couches or chairs.
- **unsafe bedding**
Loose bedding can bunch up or cover the face and babies may slip down under blankets and duvets.
- **less safe positions for baby**
On the front or side.

This leaflet was produced by

Education for Change Ltd.
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Supported by

The New Zealand Cot Death Association.

Also available

Other 'Protecting babies' leaflets on:
Head Shape (Code 1227)
Sudden infant death syndrome (Code 1228)
Changing smoking in pregnancy (Code 1231)

To order copies

Contact your local public health service and quote the code number.

Thank you

Dr James J. McKenna Ph.D
University of Notre Dame, South Bend, Indiana, USA, for expert advice.

The Bainbridge family
for their beautiful photographs.

Important support

If you have questions or concerns about your baby's safety, talk to someone you trust.

These national services may help, too.

Healthline 0800 661 116

Quitline 0800 778 778

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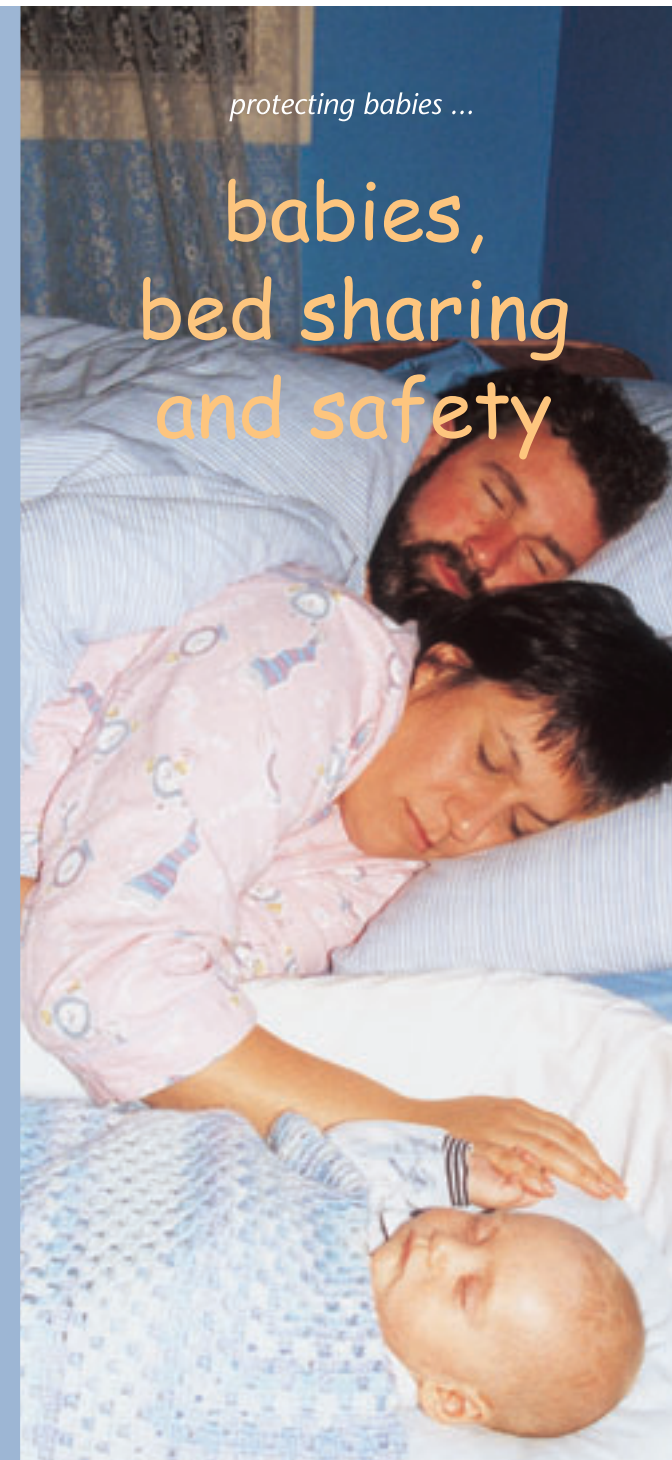


MANATŪ HAUORA

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protecting babies ...

babies, bed sharing and safety



Information to guide choices

Benefits

Sleeping with babies is an old and treasured practice (taonga) within many cultures. The benefits include:

- more breastfeeding
- more loving contacts
- more infant movement
- less crying
- longer sleep

Risks

Some things make bed sharing unsafe, especially for young babies (under 6 months). The main things are:

Smoking (in pregnancy and after)

Where there is both smoking **and** bed sharing, babies have a much higher risk of sudden infant death syndrome (SIDS or cot death).

Suffocation

The risk of suffocation from rolling onto babies is greater:

- after taking drugs
- after heavy drinking
- if the adult is very obese
- if the adult sleeps heavily
- when sleeping on a couch

How to increase safety for babies in smoking families and when awareness is blunted by alcohol, marijuana or other drugs



When you are sleeping,
have your baby close by
you, but not in your bed.



When you are awake,
bed sharing is safe.