

Share the room, not the bed.



Taking care of a newborn is exhausting, and co-sleeping can feel like the only option to get baby to sleep. But co-sleeping is always dangerous whether it's in a bed, on a couch, or in an armchair. The safest place for your baby to sleep is in the room where you are, but not with you.

Place baby's crib, pack n' play, or bassinet in the room, right next to you. If you bring baby in bed to feed or comfort, move them to their own sleep space when you're ready to snooze.

Co-sleeping or Sleeping with your baby is dangerous and can result in serious harm or death to your baby.

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Feeding and caring for infants throughout the night is especially difficult and tiring for caregivers. Below are a few strategies to help you stay awake during those difficult hours:

- Sit in an uncomfortable, non-plush chair
- Alert your support person to check-in on you when you are up and feeding
- Set an alarm for 10-15 minutes to wake you up in case you fall asleep
- Scroll through social media
- Reach out to a friend who might also be up feeding with a little one
- Connect with an online support group

Staying focused on something positive will help distract you from the fact that you're really tired.



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