Safe Co-sleeping Guidelines

If you are planning to share sleep with your baby in anyway (in your arms, bed, etc.), it is critical that you review the safe sleeping guidelines and recommendations for your area.

It may be possible for some families to share a sleep surface in such a way that it can significantly reduce risks. Since guidelines change and are often updated, we have provided a list of valuable and reputable resources to help you make an informed decision on where and how your baby will sleep.

Safe Co-sleeping and Safe Sleep Resources:

Guidelines to Sleeping Safe with Infants by James J. McKenna, Ph.D.  
https://cosleeping.nd.edu/safe-co-sleeping-guidelines/

Safe Sleep 7: Is it safe to bedshare? by La Leche League International  
https://www.lllc.ca/thursday-tip-resources-making-safe-sleeping-decisions

Where Babies Sleep from the ISIS Infant Sleep Information Source  
https://www.isisonline.org.uk/where_babies_sleep/

Bedsharing, Infant Sleep and SIDS from the UNICEF UK Baby Friendly Initiative  

Safe Sleep for Your Baby Brochure – Public Health Agency of Canada  

Safe Sleep Guidelines – American Academy of Pediatrics (updated 2016)  
http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938

http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284