

# Room Sharing is best for your Baby



**Room sharing** is when your infant (less than a year old) sleeps in the **same room** with you or another caregiver, **but on a separate sleep space**, such as a crib, bassinet or play yard. The sleep space should be free of loose blankets, pillows, toys or other soft materials.

The American Academy of Pediatrics (AAP) recommends a safe sleep environment to reduce the risk of all sleep-related deaths. This includes placing the infant on their back; use of a firm,

noninclined sleep surface; room sharing without bed sharing; and avoidance of soft bedding and overheating. It is recommended that infants sleep in the parents' room, close to the parents' bed, but on a separate surface designed for infants, ideally for at least the first 6 months. There is evidence that sleeping in the parents' room on a separate surface **decreases the risk of SIDS by as much as 50%**.

## Why is Room Sharing important?

### Safety

According to AAP, **room sharing is the safest way to sleep near your baby.**

It is safer than putting your baby to sleep in your bed with you, or putting your baby in a separate room to sleep.

#### Roomsharing

- helps prevent accidental suffocation.
- eliminates the possibility of rolling onto your baby and other similar injuries.
- allows you to see, hear, and soothe your baby to help them sleep safely and comfortably.

### Bonding & Comfort

**Babies are happiest** when they're safe and close to you.

#### Roomsharing

- keeps your baby close enough to soothe and comfort while maintaining their safe sleep space.
- allows you and your baby to be near each other during the night.
- allows caregivers to more easily bond with their baby than if they were in a separate room.

### Feeding @ Night

**Room sharing makes it easier to feed your baby at night.** Falling asleep can easily happen despite your best intentions.

- If necessary, ask a partner to help you stay awake or set an alarm on your phone.
- Avoid feeding your baby on soft surfaces, like couches or beds. After feeding, put your baby back in their separate sleep space.
- Dads and partners can watch the baby during the day to allow you time to rest. This will help you stay awake at night to breastfeed your baby.

**During your baby's infancy, from 0-6 months (and up to a year if desired), they should share a room with you.**

**Before your baby is born:**

- **Set up their safe space in your room.**
- **Learn about baby's typical sleeping and eating patterns.**

**If you want to nap while your baby naps, make sure to room share, and put your baby in their safe sleep space, close to but separate from you.**

**To reduce the risk of SIDS, you and your baby should never sleep together on the same sleep space (bed, couch, floor, etc.).**



For more tips, go to our website:

[www.georgiasafetosleep.org/roomsharing](http://www.georgiasafetosleep.org/roomsharing)