

REMEMBER

Bedsharing is a practice that is chosen by many parents. However, some factors as presented in this brochure, can make sharing a bed with your baby a dangerous situation.

A crib (standard or portable) or a bassinet that meets the standards set by the U.S. Consumer Products Safety Division is sometimes the safest sleep environment for your baby.

The crib or bassinette should have the following:

- A firm, tight fitting mattress
- Tight fitted sheets
- No stuffed animals or toys
- No heavy blankets, comforters or pillows

In San Joaquin County, during the year 2004, unsafe sleep practices were associated with the deaths of six babies under the age of 11 months.

For more information on safe sleeping, crib safety, or copies of this brochure please contact:

San Joaquin County Public Health Services
Maternal Child Adolescent Health Division
1-800-698-2304



BEDSHARING:

Sleeping Safely With Your Baby

Bedsharing / Co-sleeping With Your Baby

*San Joaquin County Public Health Services
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