

Bedsharing more safely

Whether you choose to bedshare, or it is unplanned, there are some key risks you should avoid.

It is dangerous to share a bed with your baby if:

- you or anyone in the bed has recently drunk any alcohol
- you or anyone in the bed smokes
- you or anyone in the bed has taken any drugs that make you feel sleepy
- your baby was born prematurely (before 37 weeks of pregnancy) or weighed under 2.5kg or 5½ lbs when they were born

Things to remember if bedsharing

In these scenarios, it is always best to put baby in their own safe sleep space, such as a cot or a Moses basket. Keeping the cot or Moses basket next to the bed might make it easier to do this.

Reason: studies have found that bedsharing with your baby after drinking alcohol or using drugs has a very high risk of SIDS. Sleeping close to a smoker also greatly increases the chance of SIDS. Premature and very small babies have a greater chance of SIDS when they share a bed with an adult.

Keep pets away from the bed and do not have other children sharing the bed

Keep pillows and adult bedding away from baby

Try to make sure or check that baby cannot be trapped, wedged or fall out of bed or get trapped between the mattress and the wall

Follow the tips if you think you might fall asleep with your baby in the bed

