

# Sleeping With Your Baby? Know the Risks

## Baby Doll Examples

Sleeping with your baby can pose risks for suffocation and entrapment.



Trapped between bed and wall



Trapped between bed and object



Trapped in footboard

**Adult beds aren't  
made for babies.**

## Top 2 Causes of Injury Death of Children Less Than 1 Year Old in Wisconsin

1. Suffocation – 22 deaths
2. Motor vehicle crashes- 3 deaths

(Wisconsin Interactive Statistics on Health, 2008)

Parents choose to sleep with their babies believing it is good for them, often not knowing it can result in the injury or suffocation death of their child.

### The Risks

- Suffocation from adults or other children rolling onto baby
- Baby being trapped between bed and wall, another object, footboard, or couch cushions
- Suffocation in waterbeds or soft bedding (pillows, blankets, comforters, etc.)
- Falls from bed onto mounds of clothing, plastic bags or other soft materials or objects that can suffocate baby

Falling asleep with your baby on a couch or armchair is also very unsafe. If you are feeling drowsy, place your baby in their crib to sleep.

### The Safer Alternative

The safest place for your baby to sleep is in the room where you sleep. Place the baby's crib or bassinet near your bed (within arm's reach). This makes it easy to breastfeed and bond with your baby.

The crib or bassinet should be free from toys, soft bedding, blankets, and pillows. Always place baby on his or her back to sleep.

