

All Babies Deserve to Sleep Safely. Reduce the Risks.



Share Your Room — **NOT** Your Bed.

Babies are at highest risk of accidental suffocation and strangulation in bed during the first 6 months of life. Co-sleeping increases the risk.

The American Academy of Pediatrics recommends room sharing — having the baby's sleep area in the same room next to the parent or caregiver. Babies should sleep on a separate surface such as a crib or bassinet. Room sharing is recommended for at least the first 6 months of life and up to a year.

To learn more about how babies sleep safely, visit:

 www.ffsp.navy.mil