



FÉDÉRATION
Nourri-
Source

THE SAFE BEDSHARING

For the breastfed baby

- Night-time breastfeeding stimulates milk production
- Room sharing is a protective factor against sudden infant death syndrome
- Bedsharing, also known as co-sleeping, contributes to the initiation, duration and exclusivity of breastfeeding
- Health Canada advises against bedsharing because of concerns about sudden infant death syndrome (SIDS).



C-
Position

International recommendations

- Place baby on its back, never alone in an adult bed
- Sleep only in a bed with a firm mattress without blankets, pillows, other children or animals
- The bed should be away from walls and furniture where baby could get stuck
- Place baby in bed away from second-hand smoke and impaired people
- The C-position is optimal for a safe sleep

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www.nourri-source.org

REFERENCE : LE PETIT NOURRI-SOURCE

7^e
édition