



SAFE KIDS USA POSITION STATEMENT SHARING A BED OR SLEEP ENVIRONMENT WITH A CHILD

Safe Kids USA's policy is that a child should not share an adult bed or any other unsafe sleep environment (such as a couch, sofa, armchair, or waterbed) with another person. There are numerous risks to these practices:

- Soft cushions and adult bedding may suffocate a child
- While asleep, an adult may accidentally roll onto an infant
- A child may become trapped between an adult, the bed or bedding, a wall, another object, or all of these
- A child may fall from an adult bed
- Bed-sharing and adult bedding may overheat an infant
- Shared sleeping environments may elevate carbon dioxide (CO₂) levels, which pose greater danger to a child than to an adult

If a parent or caregiver feels strongly about being close to a child, for the first six months of life the child should sleep in the adult bedroom in a safety-approved crib or bassinet. The baby should be placed in the crib or bassinet when the parent or caregiver is ready to sleep or return to sleep.

Among the concurring organizations are:

American Academy of Pediatrics

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;116/5/1245>

American SIDS Institute

www.sids.org/nprevent.htm

First Candle

<http://firstcandle.org/bedtimebasics/postionstatements.html>

U.S. Consumer Product Safety Commission

<http://www.cpsc.gov/>

www.safekids.org