

The Safe Sleep Seven

From *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*
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If you are:

- 1. A non-smoker
- 2. Sober and unimpaired
- 3. A breastfeeding mother

And your baby is:

- 4. Healthy and full-term
- 5. On his back
- 6. Lightly dressed and unswaddled

And you are both:

- 7. On a safe surface

then solid research indicates that your baby's SIDS risk is no greater in your bed than in a crib. And your automatic behaviors and responsiveness as a breastfeeding mother make it practically impossible to roll over on him. Other smothering risks are simple to deal with. They're covered in the Safe Surface checklist on the other side of this page. By about four months, research indicates that bedsharing with a healthy baby is equally safe with any responsible nonsmoking adult on a safe surface.

For more information on each criterion, see Sweet Sleep, Chapter 2.

Sung to the tune of Row, Row, Row Your Boat:

No smoke

Sober mom

Baby at your breast

Healthy baby

On his back

Keep him lightly dressed

Not too soft a bed

Watch the cords and gaps

Keep the covers off his head

For your nights and naps