Finding Support

While frequent waking for baby is normal and healthy, it can be very difficult for parents. Lack of sleep can make it feel hard to follow safe sleep practices. If you are struggling, it’s important to reach out for support.

- Talk to your Pediatrician about strategies specific to your child’s needs.
- Ask family members, friends, or someone you trust to watch baby while you nap or catch up on sleep.
- PCAVT’s Parent Helpline 1-800-CHILDREN (244-5373).

FOR MORE INFORMATION
on how to create a safe sleep environment for your baby, visit

UVMHealth.org/SafeSleep
American Academy of Pediatrics
HealthyChildren.org
U.S. Consumer Product Safety Commission
CPSC.gov
Safe Infant Sleep
SafeInfantSleep.org
Charlie’s Kids
CharliesKids.org
Kids for Cribs
CribsforKids.org
The Period of Purple Crying
PurpleCrying.info

Created in partnership by:
Keep your baby cozy by using a one piece sleeper/suit or sleep sack

Room Sharing

Baby should share your room, not your bed.

Room sharing means keeping your baby's crib, play yard, or bassinet in your bedroom, close to your bed for at least the first 6 months. This makes it easier to comfort or feed your baby, and then place them in their own sleep space when you're ready to go to sleep.

If there is any possibility that you might fall asleep while your baby is in your bed, make sure there are no pillows, sheets, blankets or any other items that could cover your baby's face, head and neck, or overheat them. As soon as you wake up, be sure to move your baby to their own bed.

Avoid falling asleep with your baby in other spots, too. The risk of sleep-related infant death is higher when infants sleep with someone on a couch, soft armchair, or cushion.

It's extra important not to bed share with your baby if you have been drinking alcohol or used cannabis, illicit drugs, or any medications that cause drowsiness or impact sleep.

If your baby falls asleep in a car seat, stroller, swing, infant carrier or sling, move them to a firm sleep surface on their back as soon as possible.

* Consumer Product Safety Commission Approved