

Planning Ahead for Safe Sleep

Newborns wake up a lot in the first few months after birth. This means you or another caregiver will need to wake up a lot too, including at night. It is a good idea to plan ahead for how you may want to handle sleep for yourself and baby.



Night Feedings

Some tips to consider for night feedings and night wakings are:

- Divide up the care for baby at night between caregivers. This can help everyone get a little more sleep.
- Sleep in the same room, but not the same bed, as baby.
- Make a sleep plan early by answering the questions below.

Where will baby sleep? _____

If you plan to breastfeed/chestfeed:

How will you divide nighttime responsibilities if baby is exclusively breast or chest feeding? For example:

- Breastfeeding parent does all feeding.
- Partner handles diaper changes and soothing between feeds.

If you plan to bottle feed:

How will you divide nighttime responsibilities if bottle feeding? For example:

- 8 p.m. to 1 a.m. – caregiver #1
- 1 a.m. to 6 a.m. – caregiver #2
- 6 a.m. to 8 p.m. – shared duties



Feeding Your Baby While Tired

Do not feed or hold your baby in a sofa or armchair if you feel you may fall asleep. Sit in an adult bed with no pillows or blankets around you. Consider the following to plan ahead:

- Who can you call to care for baby if you keep falling asleep or feel sick?

- Do they know to make sure the baby sleeps on their back in an empty crib (no blankets, pillows, etc.)?



Swings or Bouncers (not for sleeping)

Dealing with a fussy baby is difficult. Using comfort techniques such as swings or infant carriers can help calm a baby down. It is **not safe** to let baby sleep in the swing or bouncer.

- If baby falls asleep in a swing, bouncer, or other infant seat, move baby to their bed and place them on their back. Infants cannot lift their neck to support their airway.
- Infants should **always** be placed on their back in their own sleep space.

