



## Give baby his or her own sleep space in your room, close to but separate from your bed.

*Keeping your baby close to you allows you to watch and respond to your baby's needs right away.*

### Room sharing recommendations:

- Share your room with your baby for at least the first six months or up to the first year.
- Your baby should have his or her own safety-approved\* sleep surface (crib, bassinet, or portable play yard).
- Before bringing your baby into your bed to feed or comfort, remove all soft bedding, toys, and pillows from the space.
- If you fall asleep with your baby in your bed, place your baby back on their separate sleep surface as soon as you wake up.

**\*The Consumer Product Safety Commission (CPSC) sets safety standards for infant sleep surfaces such as a mattress and sleep spaces like a crib.**



Sharing your room with your baby is safer than putting baby in his or her own room.



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Sleep Surface  
Baby Behaviors Feeding  
Baby Behaviors Sleep  
Monitors and Devices

### Let's Talk – Room Sharing

Room sharing allows you to see and monitor your baby and can make feeding and comforting easier with baby close by.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

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### Family & Caregiver Common Questions

#### What is the difference between co-sleeping and bed sharing?

Co-sleeping is a term that describes sharing the same sleep surface or space with your baby. However, to some people it can also mean to sleep near your baby.

When we talk about these topics, avoid using the term "co-sleeping," as it can be confusing. Instead, use the term "bed sharing" as it specifically means sharing the same sleep surface or space, like your bed.

Bed sharing greatly increases the risk of SIDS and other sleep-related deaths. Room sharing is recommended for at least first six months of baby's life and up to one year of age.



#### What if I need to keep my baby in bed with me to keep the baby safe?

If you live in a neighborhood with high levels of violence, you may consider keeping your baby in your bed to shield them from danger. This is a valid concern, and it is important to keep your baby safe.

Keeping your baby's crib or bassinet close to your bed can keep the baby close enough that you can monitor and protect the baby.

If your plan must include bed sharing, make sure you have a firm adult sleep surface and that you keep soft bedding, pillows, and blankets out of your sleep area. Keep your bed away from the wall to prevent your baby from getting trapped between your mattress and the wall.

#### Won't bringing my baby into my bed help them settle better and get to sleep?

As you plan for where your baby will sleep, there is a possibility that you will bring your baby into your bed for feeding or comforting. As a new parent, you will undergo natural changes in your sleep habits and may fall asleep with your baby in your bed no matter your intention to keep baby safe.

Plan for when this might happen. You can try the following tips when bringing your baby into your bed for feeding or comforting:

- Remove all items and bedding from the area. Set a timer or alarm to go off every few minutes to keep you awake.
- Ask someone to stay with you while you are breastfeeding or comforting your baby in your bed.
- If you do fall asleep while feeding your baby in your bed, place your baby on his or her back in a separate sleep area made for babies as soon as you wake up.

#### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

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[dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)