



Do the cuddle curl!

The cuddle curl is the safest bedsharing position for breastfeeding mothers.

- ◆ Baby is on their back while mom is on her side facing baby.
- ◆ Baby's head is aligned with mom's breast.
- ◆ Mom's legs are curled below the baby to prevent them from sliding down.
- ◆ Mom's arm underneath her is curled above and around the baby to prevent baby from moving up.

Make sure the safe sleep environment requirements are met and baby is not swaddled.

Safe sleep is up to you: learn more at hmhb-mt.org

Safe Sleep: Learn • Plan • Provide



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