

# Is bedsharing a safe option for baby?



If you can answer **yes** to all these questions, bedsharing may be a safe option for your family.

- Is baby only drinking your breastmilk?
- Was baby born healthy and full-term?
- Is everyone in bed non-smokers of tobacco, marijuana, or other substances?
- Is everyone in bed free from alcohol or other sedating substances, including medicines?

If you answered **yes** to all of those, look at the sleep space next:

- Is the surface firm?
- Is there a tight-fitting sheet?
- Have all the extra blankets and pillows been removed?
- Is baby on their back?
- Is baby unswaddled?
- Is baby's head uncovered?
- Is the bed away from the wall?

If you're able to answer yes to **all** of these questions, then bedsharing may be a safe option.

Remember, the cuddle curl is the best position to protect baby from any unexpected movement.



Healthy Mothers,  
Healthy Babies  
The Montana Coalition

**Safe Sleep:**  
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