

Sometimes snuggling turns into sleeping.

Having a new baby is exhausting and sometimes just sitting still is enough to put mom to sleep.

Make sure everyone is safe by ensuring the snuggles start somewhere that meets these guidelines:

- There are no loose objects around, including sheets, blankets, pillows, or toys.
- The surface is firm so baby doesn't sink into it. No couches or recliners.
- Baby is wearing comfortable clothing without covering the head.
- Don't forget to check your clothing, too: nothing too loose, jewelry is removed, and hair is up.
- If you are laying down to breastfeed, use the cuddle curl position for safer bedsharing.

Remember—if you've been drinking alcohol, using drugs, or taking medicine that makes you tired, then it is not safe to sleep with baby.



Healthy Mothers,
Healthy Babies
The Montana Coalition

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