



CO-SLEEPING: WHAT YOU NEED TO KNOW

Co-sleeping is a choice many families make. For some, it feels natural, helps everyone get more rest, and supports closeness and connection. There is no one “right” way to do sleep. If co-sleeping is working for you and your family, it is absolutely okay to continue. The key is making sure it is done as safely as possible.

SHOULD I CONTINUE CO-SLEEPING?

- Only if you want to. If your current situation feels manageable and sustainable, there is no need to remove a sleep association
- However, many families seek support when their current sleep setup is no longer working for them and they would like their child to develop more independent sleep.

WHEN CO-SLEEPING WORKS WELL

- Co-sleeping can be a good option if:
- It helps everyone get more sleep
- You feel comfortable and confident with it
- It is sustainable for your family long-term

If it is no longer working, or you are feeling exhausted or frustrated, it is also okay to make changes.





SAFER CO-SLEEPING GUIDELINES

If you choose to bed-share, it is important to reduce risks as much as possible:

- **Keep the sleep space clear**

No pillows, heavy duvets, or loose bedding near your child

- **Use a firm, flat mattress**

Avoid sofas, armchairs, or very soft beds

- **Position your child safely**

Place them on their back, away from the edge of the bed

- **Keep the environment smoke-free**

Do not co-sleep if you or your partner smoke

- **Avoid co-sleeping if under the influence**

Do not bed-share if you have had alcohol, taken medication that causes drowsiness, or are extremely overtired

- **Be mindful of other children or pets**

Ensure your child has a safe, protected space in the bed

- **Consider lighter bedding or separate covers**

To reduce the risk of overheating

THINGS TO BE AWARE OF

- Co-sleeping can sometimes make it harder for children to fall asleep independently later on
- Some children may wake more frequently if they rely on a parent being there
- It is okay to enjoy co-sleeping now and change things later if your needs shift





SAFER CO-SLEEPING GUIDELINES

You're Not Doing It "Wrong"

There is a lot of noise around sleep. Some people will say co-sleeping is the only way, others will say never do it.

The reality is:

- Safe sleep matters
- Your wellbeing matters
- Your child's sleep matters

You can choose what works for your family and adjust as needed.

If co-sleeping is working for you, you do not need to fix something that is not broken.

If it is not working, there are always ways to gently move towards more independent sleep, at a pace that feels right for you.

