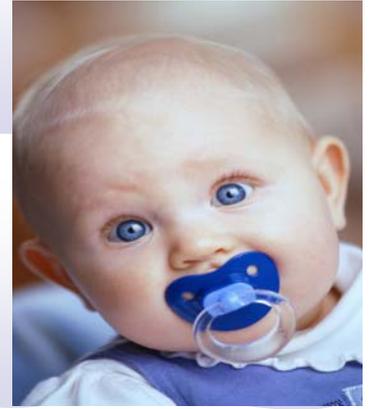


# Know the Risks

## of Sleeping

## with your Baby



An infant can be seriously injured or suffocated during co-sleeping with an adult by any of the following:

- An adult rolls on top of the baby
- Baby gets caught between the mattress and headboard or footboard of the bed
- Baby gets trapped between the bed and the wall/furniture
- Baby falls off the bed
- Baby suffocates in soft bedding, pillows, couches, or water mattresses

Studies show there may be more risk of sudden infant death syndrome (SIDS) for those infants that co-sleep with an adult.

Never place pillows, comforters, quilts or other fluffy blankets on top, around or under your baby, especially unsupervised.

**ALWAYS PLACE BABIES ON THEIR BACK TO SLEEP**

For more information contact the Chowan County Department of Social Services at 482-7441 or the Chowan County Health Department at 482-6003.

Sponsored by the Chowan County Community Child Protection

