

**MS09 VT11 FAQ CoSleeping v1 540**

[MUSIC]

When you have a baby you want to make sure the baby has a safe place to sleep. Some people like to have the baby in a basinet or in a Pack 'n Play or a crib and other people like to CoSleep which means sleeping near your baby. There are some ways to sleep safely as a CoSleeping and some ways that are not safe. It's not recommended that you have the baby sleep in the bed with you between you and your partner or in the bed on the side of the bed; one, because the baby could fall out of the bed and secondly, because there is an increased risk for SIDS when the baby is sleeping in the bed with you because it's not usually a firm mattress, as firm as a baby needs. There are ways to CoSleep with your baby that are safe. They make CoSleepers which you can attach to the side of the bed and still have the baby very close to you and available for nursing but in a safe, separate space so that you can't risk rolling over on the baby or hurting the baby.

[End of recording]