

# Breastfeeding and Safe Sleep: Develop your plan!

*Providing your baby with a safe sleeping environment while you are breastfeeding go hand-in-hand.*



## Here are some ways your partner, friends, and family can help you get through a period of sleep problems:

### Support breastfeeding parents by sharing nighttime duties

Partners or other support people can help by changing the baby's diaper, bringing the baby to mom to nurse, putting the baby back in the crib after feeding, and soothing the baby to sleep in the crib.

### Take turns responding to the baby during the night

Partners or other support people can give the baby a bottle of expressed milk. This lets the mother have a break and a longer stretch of time to sleep.

### Give help during the day

Partners or other support people can attend to the baby so parents can take a nap, or they can help by preparing meals, doing laundry, cleaning, and caring for other children.

### Be patient with your baby, with yourself, and with your partner

All families have sleep challenges when they have a baby. No matter how hard it feels, it will pass.

### Prioritize self-care

Creating opportunities to help recharge, such as taking a walk outside with the baby in a carrier or stroller, exercising at home, or reading a book while the baby naps in a crib. These activities can give mothers a mental and physical break that can be just as valuable as a couple of hours of sleep.

Protect your baby by breastfeeding AND providing a safe sleep environment for your baby. This should include a separate sleep surface (a crib or bassinet) that does not have any pillows, bumper pads, blankets, or other soft objects.



If you use a nursing or crescent-shaped pillow to assist with breastfeeding, only use it while feeding the baby. Babies should never sleep with a nursing or crescent-shaped pillow.



The best thing to do is to keep following infant safe sleep recommendations and to be consistent. Don't give up! It may take some time but sticking with your usual nighttime and naptime routines will help improve your baby's sleep schedule.



# What is your breastfeeding and safe sleep plan?

☁ Reach out for help if you need it. Being a parent is hard work. But safe sleep and breastfeeding are worth it. For more information, please visit the following resources:

## The U.S. Department of Health and Human Services:

<https://safetosleep.nichd.nih.gov/resources/caregivers/breastfeeding>

## The Safe Sleep Academy:

<https://www.safesleepacademy.org/breastfeeding/#:-:text=Breastfeeding%20%E2%80%93%20Safe%20Sleep%20Academy%20According%20to%20American,The%20protective%20factor%20of%20breastfeeding%20increases%20with%20exclusivity.>

## The Centers for Disease Control and Prevention:

<https://www.cdc.gov/breastfeeding/recommendations/safety-in-maternity-care.html>

## American Academy for Pediatrics Infant Safe Sleep Guidelines

<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

## Indiana Department of Health Infant Safe Sleep Program

[Safesleep.health.in.gov](http://Safesleep.health.in.gov)

If you need more information,  
please contact:

Indiana Department of Health  
Infant Safe Sleep Program at  
[SafeSleep@health.IN.gov](mailto:SafeSleep@health.IN.gov)



Division of  
**Fatality Review &  
Prevention**



Indiana  
**SAFE SLEEP PROGRAM**  
[SafeSleep.isdh.in.gov](http://SafeSleep.isdh.in.gov)

