



## How to Safely Co-sleep with Your Baby

When choosing to co-sleep you should always do it safely. Here are some guidelines to follow to reduce possible risk factors.

### Always

- ❖ Breastfeeding babies only, on their back or side
- ❖ Always on a firm, flat surface
- ❖ Always with light, comfortable blankets that do not cover baby's head
- ❖ Always tie up long hair
- ❖ Always with a committed, mentally present adult
- ❖ Ensure there are no loose cords, strings, ropes, or anything else that may pose a strangulation hazard

### Never

- ❖ NEVER with someone who smokes
- ❖ NEVER with someone who has taken meds, consumed alcohol, or is otherwise mentally impaired
- ❖ NEVER in a chair or other formed surface
- ❖ NEVER with another child or an animal
- ❖ NEVER co-sleep with a bottle fed infant

## Snack & Meal Planning for After the New Baby's Arrival

Some women have support systems that will arrange meals for the first week or two to be delivered after the birth. If you aren't fortunate enough to have a support group like this, you can still make some plans and have plenty of meals for the first week or two after you give birth. You may want to have a couple weeks of meals planned even if you do have the extra support. Here are some ideas you may find helpful.

- ❖ During the last month or two of your pregnancy make a double recipe of dinner. You can then freeze one and serve one.
- ❖ Pre-package freezer meals that can easily be thrown together by your partner, friend or family member
- ❖ Have several snack foods prepackaged into single servings for you to grab or someone to bring to you while you are nursing
- ❖ Keep fresh fruits and veggies on hand during the last weeks of your pregnancy
- ❖ Keep various types of nuts available during the last weeks of your pregnancy
- ❖ Have several ideas and supplies for things to add to your water quickly
- ❖ Have several phone numbers of delivery restaurants and healthy food choices from them to call on those days when nothing goes as planned. You may also want to keep an envelope with cash in it for the cost of a meal and a tip.

**Eating Healthy Can Be the Difference Between Feeling Well and Producing Enough Milk or Not...**

## Resources

### Meal Sign Up

- ❖ [www.mealtrain.com](http://www.mealtrain.com)
- ❖ [www.signupgenius.com](http://www.signupgenius.com)
- ❖ [www.takethemameal.com](http://www.takethemameal.com)

### Meal Planning

- ❖ [www.wellnessmomma.com](http://www.wellnessmomma.com) (recipes)
- ❖ [www.tasteofhome.com](http://www.tasteofhome.com) (freezer meals)
- ❖ [www.happymoneysaver.com](http://www.happymoneysaver.com) (freezer meals)

### Co-Sleeping Guidelines

- ❖ [www.cosleeping.org](http://www.cosleeping.org)
- ❖ [www.askdrsears.com](http://www.askdrsears.com) (co-sleeping)
- ❖ [www.unicef.org.uk](http://www.unicef.org.uk) (bed sharing)

### Breastfeeding Nutrition

- ❖ [www.llli.org](http://www.llli.org) (maternal nutrition during breastfeeding)
- ❖ [www.choosemyplate.gov](http://www.choosemyplate.gov) (moms breastfeeding nutritional needs)
- ❖ [www.mayoclinic.org](http://www.mayoclinic.org) (breastfeeding nutrition)