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# Nine Tips to Help Baby Safely Sleep and Co-Sleep

(NAPSI) - Here's eye-opening news about babies: According to the National Sleep Foundation, nearly one in four parents have their children sleep in their beds for at least part of the night.

While this has long been popular around the world because it can encourage bonding and help everyone get more sleep, many doctors, boards of health and other safety experts suggest you have to be very careful about how you go about it.

The American Academy of Pediatrics has come up with a few safety and comfort suggestions to help the whole family sleep better at night:

- Always place babies to sleep on their backs during naps and at nighttime.

- Avoid letting the baby get too hot. Dress the baby lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.

- Place your baby on a firm mattress, covered by a fitted sheet.

- Babies should sleep in an area that's always smoke free.

- Toys and other soft bedding, including fluffy blankets, comforters, pillows, stuffed animals, bumper pads, and

wedges should not be in the crib with the baby.

- Sleep clothing such as SwaddleMe blankets are safer than a traditional blanket.

In addition, Dr. James J. McKenna, of the Mother-Baby Behavioral Sleep Laboratory at the University of Notre Dame, has this advice:

- Adult beds were not designed to ensure infants' safety, and he says infants should not sleep with other children, only with a responsible adult prepared to take responsibility for the baby.

- Mothers with very long hair should tie it up at night to keep it from getting wrapped around their baby's neck if they share the bed.

- Anyone on sedatives, medications or drugs, intoxicated or a very sound sleeper, should not co-sleep on the same surface with an infant.

One solution for many parents is a special sleeper designed just for co-sleeping infants. The By Your Side Sleeper provides a cozy environment with easy access to soothe baby and may be the safest way for baby to sleep next to you.

## Product Reviews

### Air Angel Mobile Purifier

Perfect for summer travel and just in time for spring, the time of year for seasonal allergies, runny noses, itchy eyes, sniffing and sneezing for you and your family, Air Oasis created the Air Angel, a compact, mobile unit designed just for parents whether they are at home or on the go. The Air Angel destroys up to 99 percent of allergens, odors, and germs in children's rooms up to 250 square feet, including nurseries, bedrooms, playrooms, hotel rooms, cars, planes, and more. This cutting-edge technology helps protect children against germs, viruses, allergens, and harmful pollutants in the air and on surfaces around them. Our reviewer has found the unit to be a smart choice as it is compact and transports well, giving her peace of mind when she used it in a hotel room, The Air Angel is an effective, smart choice for today's families.

[www.airoasis.com/airangel](http://www.airoasis.com/airangel)



### Posh Playmat

Having just received our sample of the Posh Playmat our reviewer already loves it! Made of planet-friendly and child-safe pvc faux leather the playmat has multiple uses for many ages and stages – from infancy to toddlerhood and more.



[www.poshplaymat.com](http://www.poshplaymat.com)

### Little Ashkim Hooded

#### Bamboo Turkish Towels

We are loving the Hooded Bamboo Turkish Towels are made of a bamboo and cotton fibers which makes them not only feel silky soft on the little ones skin but are super absorbent as well. The towels are lightweight and breathable; eco-friendly and sustainable.



<https://littleashkim.com/>

### Babee Talk Organic

Bedding, Teething Rail Cover, and eco-friendly soothing toys If you are hunting for organic cotton baby bedding that has it all, you're in the right place. Designed by a mom and created with love for chic, safety-conscious parents.



[www.babeetalk.com](http://www.babeetalk.com)

### Amara Baby Food

amazing for parents traveling with little ones in the summer Simply add breast milk, formula, or water and it's ready for your baby to eat! Our lightweight pouch slips into your pocket or purse and is the perfect way to guarantee a wholesome meal for your baby



[www.amarababyfood.com](http://www.amarababyfood.com)

### TrendyTeethers

We just received these unique, stylish and fun teethingers and our baby immediately took to them. They are 100% non-Toxic, BPA free, soft silicon beads which soothe & comfort his teething pain.



[www.trendyteethers.com](http://www.trendyteethers.com)

### Flying Squirrel sleepware

designed for children size 12 months-5 years. This graduate product of the Zipadee-Zip replaces loose blankets to comfort your child while keeping him warm. The optional hand and foot coverings eliminate the need for socks and allow the product to be adjusted likewise.



[www.sleepingbaby.com](http://www.sleepingbaby.com)