

CO-SLEEPING

With Your Baby

5 REASONS WHY YOU SHOULD CO-SLEEP



Convenience

By having your baby sleep in a cot in your bedroom means that you can easily attend to their needs. For those mothers who breastfeed it certainly makes life easier by having baby sleep by her side or the same room. It is a baby's natural instinct to cry when something is wrong, so being able to attend to their needs quicker will hopefully lead to a more peaceful night's sleep.



Builds Confidence

It just isn't true that co-sleeping creates needy and clingy children. Many co-sleeping advocates believe that co-sleeping, as a component of natural, or attachment, parenting ultimately leads to more confident and independent children.



Bonding

Being able to bond with your child is one of the main reasons a parent chooses to co-sleep. Who can resist that cute smiley face as they look deep into your eyes every morning when you wake. Being close to your baby also allows them to feel safe and secure. Bonding thus in turn improves baby's emotional and physical well being.



Reduce Crying

By having baby close by you are more likely to wake and attend to their needs when they first whimper, rather than waiting for baby to escalate. Baby's who are attended to when they cry, learn that their needs will be met, therefore cry less in the long run. Whereas when a baby is consistently ignored they can learn that their signalling system is ineffective and can escalate their crying.



Increased Safety

Having baby sleep in close proximity to you means that you are checking in on them more frequently and can remove any hazards when or if they appear. Should baby be in any danger it is more likely to rouse a parent sleeping close by than one who is sleeping in another room.

**Consult your family doctor first before deciding if co-sleeping is a suitable option for you.*