

# The Benefits Of Sleeping With Your Baby



Sleep is essential for both infants and parents. However, as a new parent, you may find yourself wondering about the best sleeping arrangement for your baby. Many parents are opting to practice co-sleeping, sharing the bed with their little ones. In this article, we will explore the benefits of sleeping with your baby.

## Bonding and Emotional Development

One of the most significant benefits of co-sleeping is the opportunity for increased bonding and emotional development between parents and infants. Sleeping close to your baby enables physical contact, which helps release oxytocin, the love hormone, promoting a stronger emotional connection between you and your child.



### Three in a Bed: The Benefits of Sleeping with Your Baby by Deborah Jackson (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2910 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 321 pages



In addition to strengthened bond, co-sleeping allows for more frequent nighttime feedings and nurtures a sense of security for your baby, fostering a positive emotional development.

## Better Sleep for Everyone

Contrary to popular belief, co-sleeping can promote better sleep for both you and your baby. When your baby is near, you can quickly attend to their needs, such as feeding or comforting, without the hassle of getting out of bed. This leads to less sleep disruption for both you and your infant.

Additionally, when your child feels secure next to you, they are less likely to wake up startled or cry, resulting in longer and more uninterrupted sleep for everyone involved.

## **Improved Breastfeeding**

For breastfeeding mothers, co-sleeping can offer numerous advantages. The close proximity to your baby facilitates easier nighttime feedings without having to leave the bed or waking up fully, promoting a better breastfeeding experience.

Moreover, the physical presence of the baby stimulates milk production, ensuring a more successful breastfeeding journey. Studies have shown that co-sleeping significantly increases breastfeeding rates among mothers.

## **Sudden Infant Death Syndrome (SIDS) Prevention**

Co-sleeping, when practiced safely, can reduce the risk of Sudden Infant Death Syndrome (SIDS). By sharing a bed, you are able to keep a close eye on your baby's well-being, ensuring their safety throughout the night.

It is important to follow safe co-sleeping guidelines, which include using a firm mattress, ensuring no pillows or heavy blankets near the baby's face, and avoiding co-sleeping if you are under the influence of alcohol or drugs.

## **Enhanced Sense of Security**

Having your baby sleep with you fosters a sense of security and comfort for your little one. Babies feel reassured when they can hear and feel their parents nearby. This feeling of safety can result in reduced anxiety and better sleep quality for your baby.

Co-sleeping with your baby offers numerous benefits that go beyond just sharing a bed. From enhanced bonding and emotional development to improved breastfeeding and increased sense of security, the advantages of sleeping with your baby are significant.

However, it is crucial to prioritize safety and follow recommended guidelines to ensure a safe sleep environment. By doing so, you can create a nurturing space that promotes a restful night's sleep for both you and your little one.



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Only since Victorian times has it been standard practice for mothers and fathers to send their babies to sleep alone, away from the parental bed - often in another room. This book reveals how babies who sleep with their parents benefit by getting virtually a full night's sleep.;The author explains the advantages of this radical form of baby care, including its benefits for breastfeeding mothers, reviews the history of babies in the bed and, through interviews with parents, explores attitudes to the idea. The book also contains a fresh perspective on the tragedy of cot death, as well as practical advice on how to sustain your sex life, hints on safety in the bed and answers to all the common objections. Finally, the author deals with the moment when the baby leaves its parents' bed.



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