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Subject: Infant Sleep Safety – What the Research Tells Us

Parents deserve accurate information about the care of their children, including information about how to create safe sleep environments for their infants. The Attachment Parenting International Research Group (APIRG) issues the attached position paper to increase parents' awareness about safe infant sleeping arrangements.

API supports all parents to be well-informed no matter if they choose to co-sleep, use a crib, ideally in close proximity, or practice shared sleep, as we know both are routinely practiced in our society. As such, API is committed to bringing parents the information necessary to practice active nighttime parenting safely, as it has done for years in its Eight Principles of Parenting. The Principle "Ensure safe sleep, physically and emotionally" describes API's guidance to parents about sleep time safety and the developmental and physiological benefits to shared sleep.

The attached APIRG position paper on *Infant Sleep Safety – What the Research Tells Us* first broadens awareness about the widespread practice of sharing sleep and is then accompanied by an overview of the developmental and physiological benefits to the infant and parent. The paper concludes with the API Principle guidelines on Safe Infant Sleep for all infant sleep environments.

In API's initiative to reach greater numbers of families practicing shared sleep, co-sleeping and using cribs (not just families practicing attachment parenting), API offers to parents, health workers, media and researchers:

- API's community and media kits, including the brochure, Safe Infant Sleep: <http://www.attachmentparenting.org/safeinfantsleep.php>. This brochure is available free of charge by download for printing or by request. For brochure requests, donations are accepted to assist with covering shipping and handling. This brochure is being distributed nationally by parents, health workers and educators with the support of James J. McKenna, Ph.D., AskDrSears.com, La Leche League International, Amby Baby, Arm's Reach Co-Sleeper and API Leaders, members and supporters.
- API's Principle on ensure safe sleep, physically and emotionally: <http://www.attachmentparenting.org/principles/night.php>.

Losing an infant to SIDS or any reason is horrific. API does not want any family to experience the tragic loss of such precious life due to accidental or unexplained death in a bed or a crib. API believes appropriate research will provide a greater understanding of the subject and that it is vitally important to raise awareness and empower parents with the available information on infant sleep safety.

The API Research Group

Attachment: APIRG position paper on Infant Sleep Safety –  
What the Research Tells Us.

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