

Alcohol and safer sleep for your infant

For the baby's safety, don't share a bed after drinking alcohol

- Many parents share a bed with their infants while sleeping. Bed-sharing is common in many cultures.
- Drinking alcohol can cause drowsiness or heavy sleep, making the parent less alert and aware of the baby's needs or their position in the bed. This can increase the risk of rolling onto the baby or missing feeding cues.

Learn more about safer sleeping:



Public Health
Agency of Canada
**Safe Sleep for Your
Baby**



Perinatal Services
**BC Honouring
Our Babies -
Safer Sleep Cards**



Perinatal Services
**BC Safer Sleep
handout**

