

Recommendations Against Mother-Infant Bedsharing Interfere with Breastfeeding

Written by Australia Today

Recommendations by physician groups to avoid bedsharing among mothers and their babies are intended to reduce sleep-related infant deaths. But evidence suggests that the risks of bedsharing have been over-emphasized, advice never to bedshare is unrealistic, and avoiding bedsharing may interfere with breastfeeding, according to an article in *Breastfeeding Medicine*, the official journal of the Academy of Breastfeeding Medicine published by Mary Ann Liebert, Inc., publishers. The article is available free on the Breastfeeding Medicine website until January 4, 2015.

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