

## Suggested Interview Questions for

**James J. McKenna, Ph.D.**

**Author of *Safe Infant Sleep***

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1. You have just written a book called, ***Safe Infant Sleep: Expert Answers to Your Cosleeping Questions*** (January, Platypus Media, \$14.95). How did you become one of the nation's top authorities on the subject?
2. You are a Ph.D. who has become an expert on safe infant sleeping since 1997. Was there an experience that made you want to learn more about the subject?
3. Even though you have decades of experience on the subject of cosleeping—and have coined a new term called, breastsleeping, why should readers look to you as an authority when you are not a medical doctor?
4. How did you create Notre Dame University's Mother-Baby Behavioral Sleep Lab, which is the first and only pediatric center of its kind in the country?
5. From the chapters in your book, what are the benefits of cosleeping (bedsharing, roomsharing, or otherwise)?
6. It seems as if public health messages warn parents never to cosleep. How can you recommend it and what is the number one myth in your book you dispel about public opinion?
7. What is it like to be the public face of such a controversial subject?
8. Was it difficult to write a book on such a taboo subject?
9. Do you experience any limitations in your work given the social stigma or more tangible roadblocks from anti-cosleeping organizations such as the AAP?
10. In your book you say that breastsleeping is safest when the baby is *exclusively breastfed*. Can you breastsleep if you mixed feed between mother's milk and formula?
11. If the smart choice is to feed baby mother's milk, what if the baby drinks breastmilk fed from a bottle?
12. In ***Safe Infant Sleep***, you say there are racial, cultural and class bias when it comes down to choosing whether or not cosleeping is right for your family. Should everyone cosleep?
13. From the book, what message do you hope medical professionals who are anti-cosleeping will learn or agree with?
14. Since you say in the book that the AAP is anti cosleeping, what should parents expect when they tell their healthcare provider that they are bedsharing?
15. You've mentioned that current cosleeping recommendations are not supported by evidence-based medicine. Can you expand on this?
16. Where can people buy the book? If anyone wants to get in touch with you, where can they find you?