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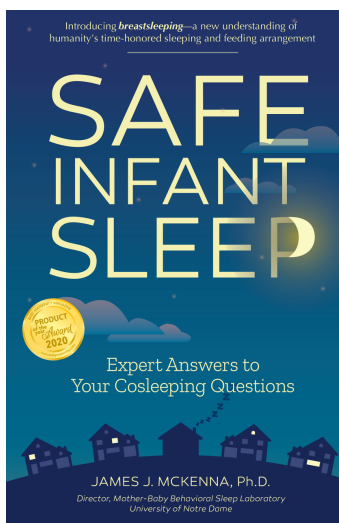
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Sleeping with Your Baby is Dangerous... or is it?

An Infant Sleep Expert Refutes One-Size-Fits-All Recommendations and Teaches Parents about Cosleeping

Safe Infant Sleep: Expert Answers to Your Cosleeping Questions, by James J. McKenna, Ph.D., founder of the only mother-infant sleep laboratory in the United States, will be released January 15, 2020. This long-awaited title shares the latest scientific research on infant sleep. McKenna's previous book on the subject, *Sleeping With Your Baby: A Parent's Guide to Cosleeping* (2007), was translated into French, Spanish, Turkish, Russian, Dutch, Italian, Slovenian, and Chinese.



As the pioneer of the world's first studies on the physiology and behavior of cosleeping mothers and infants, Dr. McKenna is a global voice on sleep safety and baby care. A sought-after speaker at conferences, he is also a popular guest on television, radio and podcasts. His media appearances include NBC, CNN, ABC, The Today Show, and NPR.

In this new book, awarded Product of the Year by *Baby Maternity* magazine, Dr. McKenna compiles the latest findings on sleep safety and introduces the concept of *breastsleeping*, which he describes as “humanity’s time-honored sleeping and feeding arrangement.” He explores various sleep strategies appropriate for different households and circumstances. It will be a definitive reference for healthcare professionals, public health officials, parenting experts, and families who want evidence-based information on *if, when, and how* they should cosleep.

***Safe Infant Sleep* challenges the strict advice from public health authorities and the American Academy of Pediatrics to never put an infant in an adult bed.** As McKenna states, “these ‘experts’ are feeding parents potentially dangerous ‘facts’ that are not only the antithesis of the roots of human caretaking, but actually put many babies in dangerous and potentially life-threatening situations.”

The book includes sections on cosleeping safety, infant sleep practices around the world, the intersection of poverty, race, and cosleeping, and how to find the right cosleeping arrangement for different family styles and needs. McKenna reveals how politically charged the questions of cosleeping are, while also

debunking the myths that have scared pediatric specialists and parents into avoiding nature's first cradle: the mother.

"Dr. McKenna's research proves what mothers the world over have known for centuries—that something beautiful happens to mothers and babies when they share sleep," writes Dr. William Sears, a popular pediatrician, regular talk show guest, and author of numerous books for parents. **"Rather than scare new parents away from sleeping with their babies, healthcare providers should be teaching strategies for safe cosleeping.** This book is must-read for every expectant and new parent—and belongs in the required reading library of every baby care advisor."



As Dr. McKenna explains, "For most of human history covering hundreds of thousands of years, mothers have effectively combined cosleeping and breastfeeding to provide for their babies' needs. Separate sleep was made possible with the advent of modern infant care innovations.... However, along with these trends came another alarming development—babies in increasing numbers were not waking up." Backed by the latest research, Dr. McKenna shares how cosleeping can protect infants from sleep-related death and provide many developmental benefits, if practiced safely.

Utilizing data produced at Notre Dame University's Mother-Baby Behavioral Sleep Lab (which Dr. McKenna founded in 1997), research from around the world, and extensive examinations of infant sleep in other countries and across human history, *Safe Infant Sleep* also addresses the questions parents have about the risks and logistics of cosleeping.

Healthcare professionals, infant health researchers, public health officials, and child development experts agree that Dr. McKenna's decades of research on the science, anthropology, and evolutionary history of infant sleep has produced vital data essential to all who study, work with, or care for children. Dr. Jay Gordon, pediatrician and author of *Listening to Your Baby*, says, **"This is the most important book you will ever buy or give as a gift to new parents."**

Platypus Media is an independent press located in Washington, D.C., committed to promoting breastfeeding and fostering connections between parents, children, and parenting professionals. We produce attractive and informative books for children and parents, helping readers gain an understanding of caretaking in nature and at home.

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Safe Infant Sleep: Expert Answers to Your Cosleeping Questions

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