

HOT TOPIC

The Family Bed

Katy parents share their thoughts on parents and children sharing a bed

YES!

New Home

"I never thought co-sleeping was for me, but that changed when my son was 3 years old and we moved from a single-story house to a two-story house. In the new house, our bedrooms are on separate floors and when my son realized this, he felt very secluded and afraid. It became such a struggle that my husband and I decided to let him sleep with us. Now, at 6 years old, my son is still in our room on an air mattress by our bed." - *K.A.*

All for It

"Both my 10-year-old and 6-year-old slept in my bed. Now I have 2-month-old twins who have been sleeping in the bed with my husband and me. I have to say though, I am all for co-sleeping and would have all our kids in our bed if they wanted. I love it and think it is a great thing!" - *T.B.*

Better Sleep

"Babies sleep better with their parents and vice versa. Breastfeeding is so much easier, solidifying that bond. I am now co-sleeping with my third boy. Neither my husband nor I have ever rolled over on them. As far as parent private time is concerned - did I mention we have three boys?" - *A.J.*

Creates a Bond

"Our 3-month-old has been sleeping with us for the past month and we love it. One morning we got to see him roll over for the first time and it was priceless, plus he sleeps so much better in the bed with us. I know we'll have to move him to his crib very soon, but I love the closeness. He falls asleep two hours after we get home from the sitter's, so I love the extra time together that sleep-sharing gives us." - *A.N.*



NO!

Transitioning Is Hard

"My husband and I didn't do it just because we didn't want there to be an issue when it came time for transitioning to our children's own bed. If they needed comforting at night, we were there, but then we would place them back in their bed once they were calm." - *R.R.*

My Bed Is Mine

"This answer is circumstantial and, although we have tried, this would never work in my house with my six children. I never think it is okay or safe for an infant to sleep with parents, as tempting as it is, because the risk is too high. I do want my children to have comfort in knowing their parents are very close when needed, but my bed is my bed." - *J.T.*

Not Good for Their Future

"I totally disagree because I don't feel it's a good idea for the kids' futures. If they get used to having parents around all the time, they will think their parents will do everything for them. Parents need their own time together to talk, and without this time and space, it may cause marital problems." - *Z.H.*

Helps to Establish a Routine

"I just had my first child. My husband and I agreed before the baby was born that she'd be put in her crib from day one. I tried the sleep-sharing thing in the hospital and found that every little peep she made kept me up at night. She sleeps fine in her crib, I sleep better in my own bed, and the monitor lets us know when she wakes up to eat. In the long run I think sleep-sharing would keep my child dependent on me for comfort rather than establish a routine of sleeping on her own." - *J.T.*

Do you have a Hot Topic that you think needs to be discussed? Email editor@katymagazine.com!



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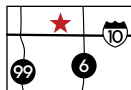
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