

Staying away from home

the
lullaby
trust

Following safer sleep for every sleep, day and night, will reduce the risk of sudden infant death syndrome (SIDS). Even when you're not at home, follow safer sleep advice:



Place your baby on their **back** for every sleep



In a **clear, flat, firm, separate** sleep space



Keep them **smoke free**, day and night



Keep the room between **16 – 20°C** so they don't get too hot

If you're using a travel cot:



- Use a cot with a rigid frame and base.
- The mattress should be firm and flat, with a waterproof cover.
- Avoid extra padding under your baby, and place the cot away from radiators and direct sunlight.
- Keep out of reach of blind cords or other hazards.

If you're co-sleeping:



Whether you choose to co-sleep, or it is unplanned, it's dangerous to fall asleep with your baby if:

- They were premature or weighed under 5.5 pounds (2.5kg) when they were born
- You or your partner have recently drunk any alcohol or taken drugs or medication that make you drowsy or less aware. Or if you or your partner are unwell.
- You or your partner have smoked, or the baby was exposed to smoking during pregnancy.

It's OK for your baby to fall asleep in a car seat when travelling, but they should be taken out as soon as you get to your destination, and placed onto a firm, flat surface to sleep.



If you are bedsharing with your baby consider any risks before every sleep, as they are constantly changing.