

# SAFER SLEEP FOR PREMATURE BABIES



Babies who are born prematurely (before 37 weeks) or who weighed less than 5.5lbs (2.5kgs) at birth have a greater chance of sudden infant death syndrome (SIDS). Breastfeeding your baby and following these steps will help to reduce the risk.



## Back to Sleep

Always put your baby to sleep on their back, for every sleep both day and night.



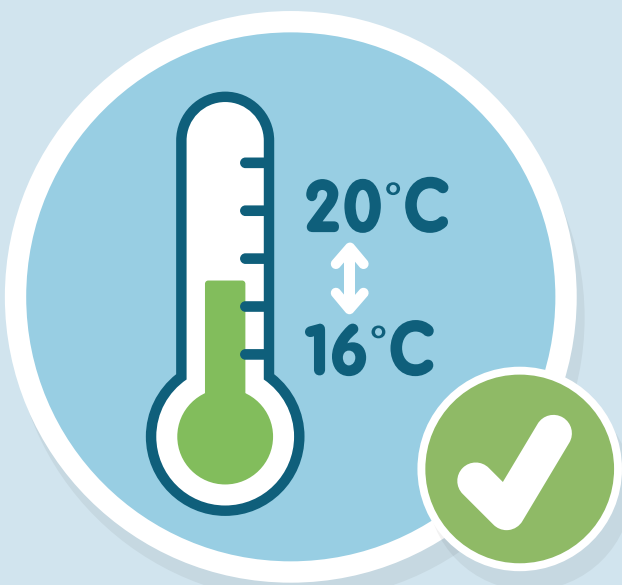
## Avoid co-sleeping

It is strongly advised that you do not sleep with your premature or low birthweight baby in bed, on a sofa or in a chair as they have a significantly higher chance of SIDS. The safest place for your baby to sleep for the first 6 months is on their back in a separate cot or Moses basket in the same room as you.



## Remove hats

Once your baby comes home they should not wear a hat indoors. Hats can lead to overheating which is a risk factor for SIDS



## Prevent overheating

If a baby gets too hot, their chance of SIDS can increase. Keep room temperatures between 16 and 20°C. Regularly feel you baby's chest or back of their neck and if their skin feels sweaty or clammy, remove layers of clothes or bedding.

## Slings & Baby-Carriers

If you choose to use a sling or baby-carrier, that you follow the TICKS\* guidelines:

- ✓ Tight
- ✓ In view at all times
- ✓ Close enough to kiss
- ✓ Keep chin off the chest
- ✓ Supported back

This is to ensure that your baby's airway is kept clear, and so you can check that they are able to breathe easily and are not overheating.



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