





safer see D. Tor babies - support

of Safer Sleep

Always sleep your baby on their or sleep space







## Safer sleep for baby, sounder sleep for you

Following the ABCs for every sleep day and night will help to protect your baby from sudden infant death syndrome (SIDS) giving you the peace of mind to enjoy this special time.

For support and advice on sleeping your baby safely The Lullaby Trust can help



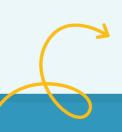
www.lullabytrust.org.uk



0808 802 6869



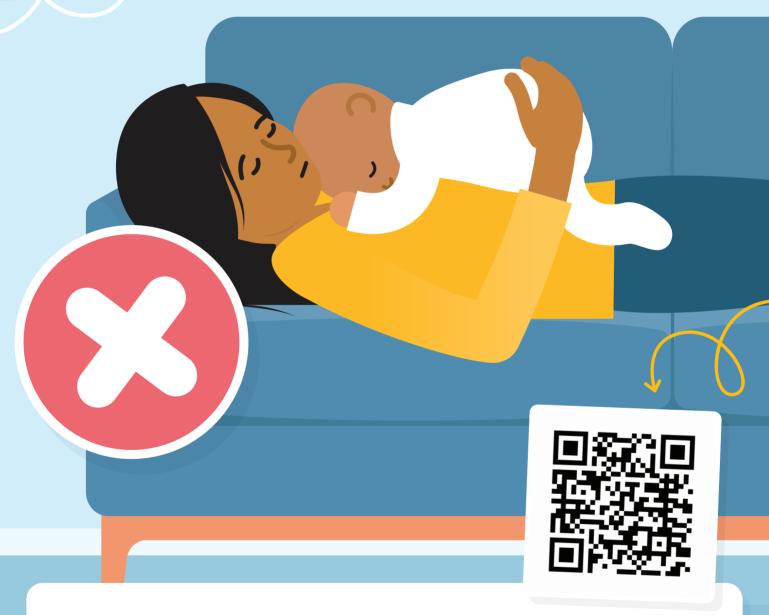
info@lullabytrust.org.uk







# SOFAS ARE NOT SAFE FOR SLEEPING BABIES



Sleeping on a sofa with your baby increases the risk of sudden infant death syndrome by up to 50 times

Learn how to give your baby the safest possible sleep at

lullabytrust.org.uk or call 0808 802 6869

## SAFER SLEEP FOR BABIES

Things you can do



Always place your baby on their back to sleep



Keep your baby smoke free during pregnancy and after birth



Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



**Breastfeed your baby** 



Use a firm, flat, waterproof mattress in good condition

#### Things to avoid



Never sleep on a sofa or in an armchair with your baby



Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



Avoid letting your baby get too hot

Don't cover your baby's face or head while sleeping or use loose bedding

#### Follow the advice for every sleep, day and night

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.

You can also talk to your midwife or health visitor if you have any questions or concerns or get in touch with us

**)** 020 7802 3200

office@lullabytrust.org.uk

www.lullabytrust.org.uk





To help protect your baby from sudden infant death syndrome (SIDS), follow our safer sleep advice for every sleep, day and night.

# Our safer sleep advice

Place baby on their back

On a firm, flat, waterproof mattress

In a clear sleep space free of bumpers, toys, pillows and loose bedding

For every sleep

For support and advice on sleeping your baby safely The Lullaby Trust can help

Visit: www.lullabytrust.org.uk Contact us on: 0808 802 6869 Email: info@lullabytrust.org.uk

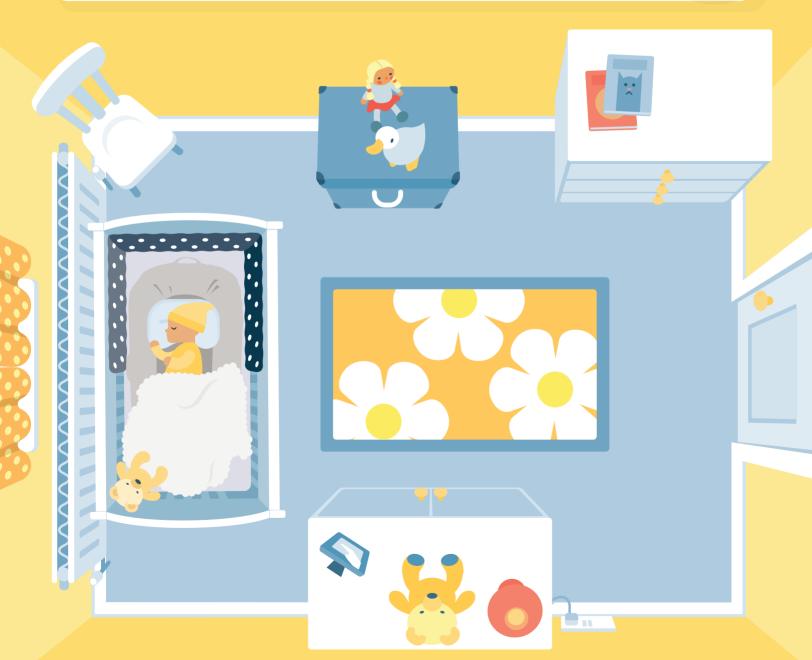


# **SPOT THE RISKS**



# Can you spot 10 things in this picture that may increase the chance of sudden infant death syndrome (SIDS)?

Is your baby sleeping as safely as possible? This picture shows a baby aged between 1 month and 6 months asleep. Can you identify ten things about the room, cot or the way the baby is sleeping that may increase the chance of sudden infant death syndrome?



## Did you spot all 10?

- NURSERY The baby is in their own room. The safest place for your baby to sleep for the first six months is in a cot or Moses basket in the same room as you.
- 2 SIDE SLEEPING It is important that you always put your baby on their back as part of their regular sleep routine never on their front or side.
- 3 FEET-TO-FOOT Place your baby with their feet to the foot of the cot so they can't wriggle under the covers, or you can use a baby sleeping bag.
- 4 BEDDING The blankets in the cot are loose. It can be dangerous if your baby's head gets covered when they sleep.
- 5 PILLOW If your baby is under one year old never use a pillow, quilt, or duvet. Pillow use alone has been shown to increase the chance of SIDS occurring by up to 2.5 times. It is much safer to sleep your baby in a clear, flat, separate sleep space.

- HAT Babies need to lose excess heat from their heads. Remove hats and extra clothing as soon as you come indoors, even if it means waking your baby.
- **RADIATOR** To avoid overheating, babies should never sleep next to a radiator or in direct sunlight.
- 8 COT BUMPERS We do not recommend cot bumpers. Cot bumpers can pose the risk of an accident when your baby becomes mobile.
- POD/NEST We don't recommend placing baby on a pod or nest to sleep or nap. When sleeping, babies shouldn't lie on or have anything soft around them, particularly their heads, as this can cause them to overheat and increases the risk of SIDS.
- CUDDLY TOYS A clear cot is a safer cot, so we advise that you remove any toys from your baby's sleep space.

Keep baby smoke free

The picture doesn't show parents smoking near the baby, but this is a major risk for SIDS. Keep your baby as smoke free as possible and never share a bed with your baby if you or your partner smokes.

