

Safer Sleep for babies



A guide for using baby boxes

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 in a separate sleeping place, 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





Sleeping your baby in a baby box

Using a baby box could be a way of helping you keep your baby sleeping near to you. However, you should be aware that there is no direct evidence that the use of a baby box will reduce SIDS or lower infant mortality and there is no specific safety standard for a cardboard box to sleep a baby.

If you choose to use a baby box as a sleep space, please make sure you follow the safer sleep advice, and also the following:

- If you decide to use a box to sleep your baby, use for daytime naps only and sleep your baby in a cot or a Moses basket next to your bed during the night
 - Do not lift or carry the box around your home if your baby is in it
 - Do not put the lid on the box if your baby is in it
 - Always keep the box clear as a sleeping space
 - Do not place additional bedding on top of the mattress to raise your baby up to a higher level
 - Ensure the box is placed on a solid surface and cannot topple over
 - Do not use the box if it gets wet or soiled
 - Do not put a box on an under heated floor
 - Ensure that any pets stay away from the box
 - Do not leave the baby in the box unattended or out of view
 - Do not use the box once your baby is able to roll
- Ensure that you comply with any instructions relating to the maximum age and weight of the infant for which the box can be used