

# Make a Room



## Instructions

At the end of this document you will find four pages containing various images you might find in a house with a young baby. It is advised that you print out these pages in colour, and then cut the various shapes out, leaving the room outline as a whole. You could laminate the pieces so they can be reused.

There is more information on the advice this game is meant to teach parents on pages 2 and 3 of these guidelines.

## Guidelines

There are a few ways you could use this game with parents, and we would advise that you think about the group you are going to use the game with before you decide which would be best for that group.

Maybe you already have an idea of how this will fit into your work, but for those who don't, we have a few suggestions:

### 1. An ice breaker

Use the room picture and ask parents to use the various pictures to set up the room their baby slept in last night, or how they plan for their baby to sleep if they are still pregnant. You could then come back to these pictures after a session on the current reduce the risk advice and discuss any changes they think they should make.

### 2. Right and wrong

Just using the individual images (not the room outline), ask parents to put the images into piles of right and wrong. Discuss each image and check they are in the right pile.

### 3. Make a room

Ask parents to use the images available to make up the perfect baby's room. You could then discuss which images they have not used and why.

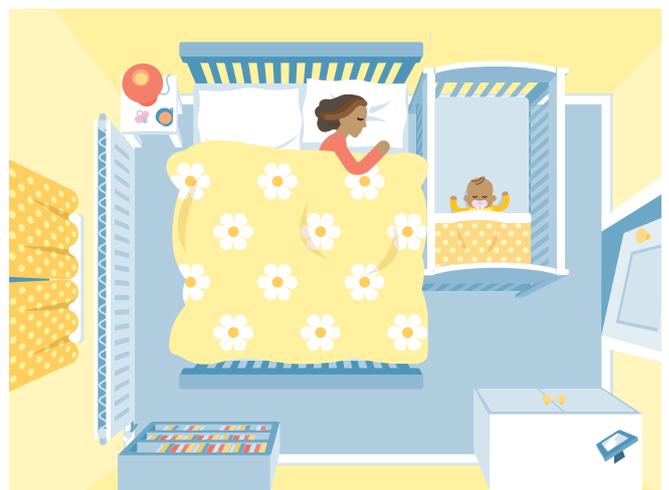
## Important points

- Ensure you are familiar with the images and the correct answers before the session. Detailed information about each image and the advice is provided below;
- Have back-up resources available for parents to take a way if they don't feel comfortable about knowing the answers;
- Ensure plenty of time for discussion and questions;
- Don't force people to give their answers to the whole group if they are not comfortable with doing so! Working in larger groups will take the pressure away from quieter members
- Remember that for each image, there is plenty of additional information you can give parents about that piece of advice.

## The right answers

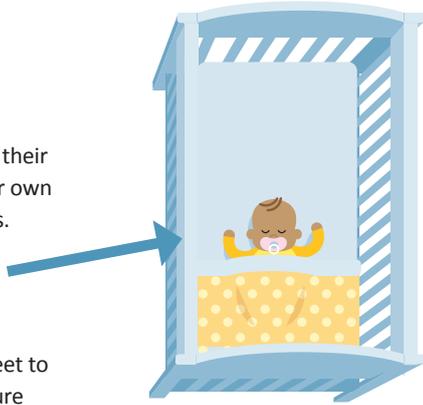
The ideal room set up may look something like the following picture. Please note the main parts:

- Baby is sleeping in his own cot in the parents' bedroom
- Baby is lying on his back, feet to foot
- Blankets are not loose
- Cot is away from the radiator or window, where the baby might get too hot
- The baby is using a dummy (this may reduce the chance of sudden infant death)



## Sleeping Position

Babies should be slept on their backs, feet to foot, in their own cot for the first six months.



## Feet to foot

Place your baby with its feet to the foot of the cot to ensure bedding does not cover the baby's head.

## Parents' bed

The safest place for a baby to sleep is in their own cot, in the parents' bedroom, for the first six months.



## Sleeping bags

Baby sleeping bags are a safe alternative to sheets and blankets.



## Supine (back) sleeping

Babies should always be slept on their back for the first six months.



## Side sleeping

Babies should not be placed on their fronts to sleep never on their side.

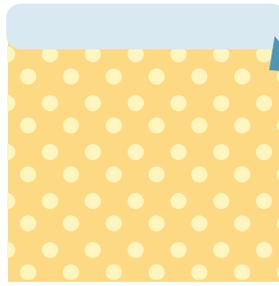


## Prone (front) sleeping

Babies should not be placed on their fronts to sleep.

## Blankets

Use lightweight blankets, that are firmly tucked in. Place the baby in the 'feet to foot' position to avoid bedding covering their head.



## Car seats

It is fine for your baby to fall asleep when they are in their car seat, but once you get home move your baby to their usual firm, flat surface to sleep, even if it means waking them.



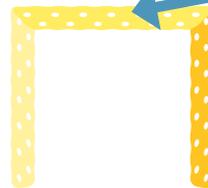
## Moses baskets

A moses basket or cot with a flat, firm mattress is a safe place for a baby to sleep.



## Cot bumpers

Cot bumpers pose a risk of accident to your baby when they begin to move. A simple mattress in your cot with no loose bedding or bumpers is the safest sleeping place for a baby.



## Hats

Hats should be taken off when inside.



## Toys

Keep cot clear of toys.



