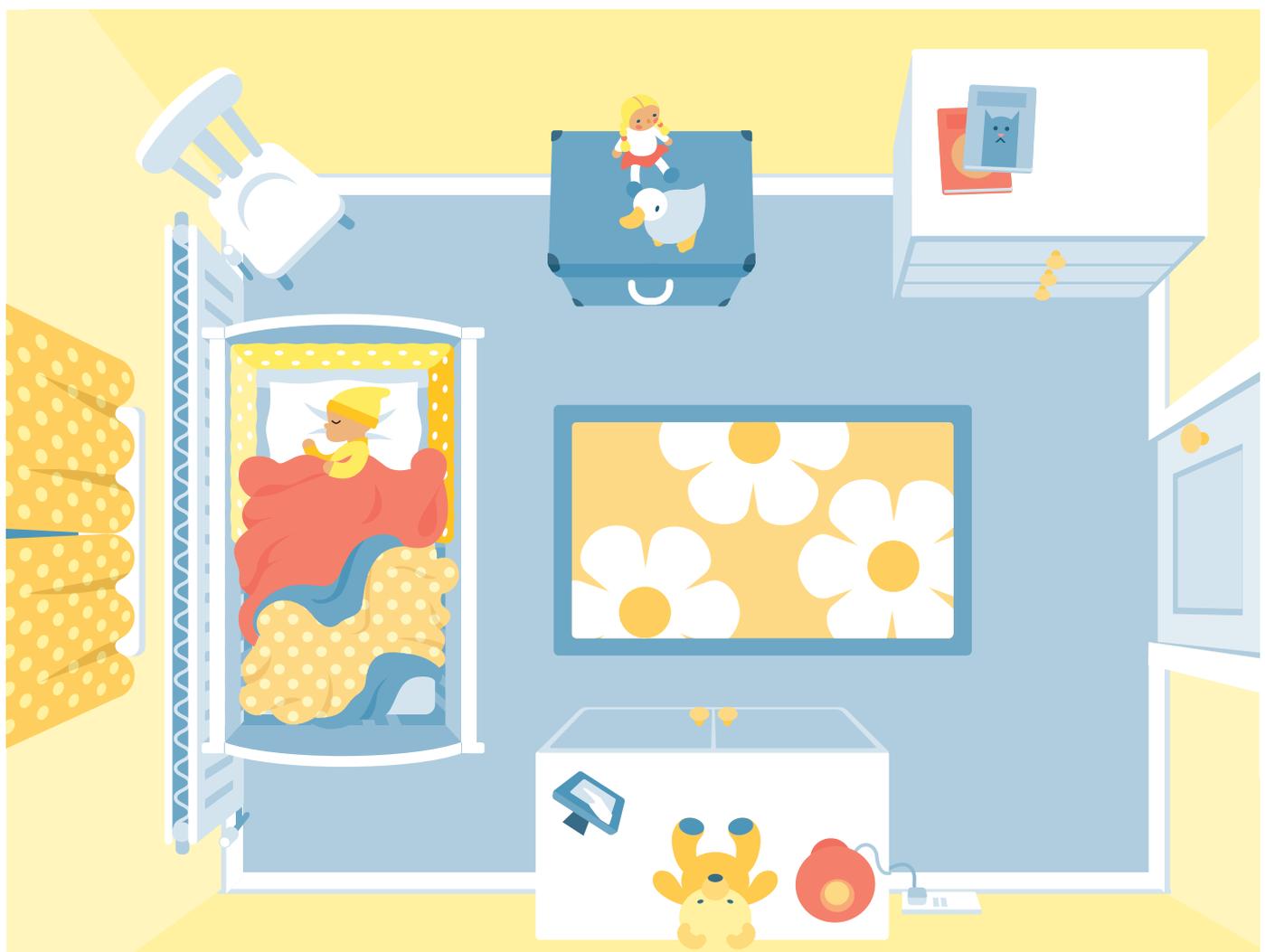


Spot the Risks



Can you spot 8 things in this picture that may increase the chance of Sudden Infant Death Syndrome?

Is your baby sleeping as safely as possible? This picture shows a baby aged between 1 month and 6 months asleep. Can you identify eight 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 8?

- 1 Nursery.** The baby is in his 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 also use a baby sleep 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.
- 6 Hat.** Babies need to lose excess heat from their heads so remove hats and extra clothing as soon as you come indoors even if it means waking your baby.
- 7 Dummy.** There is no dummy being used which when routinely used can reduce the chance of SIDS. Remember to use every time you settle baby to sleep day and night.
- 8 Radiator.** Babies should never sleep next to a radiator or in direct sunlight to avoid overheating.

The picture also shows:

Cot Bumpers. We do not recommend cot bumpers. Cot bumpers can pose the risk of an accident when your baby becomes mobile. A simple mattress in your cot with no loose bedding or bumpers is the safest sleeping place for a baby.

Smoking. 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.

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