

For more information on any of the advice in this leaflet or about safer sleep visit www.lullabytrust.org.uk or call us on Freephone 0808 802 6869

Safer Sleep Product Checklist ✓



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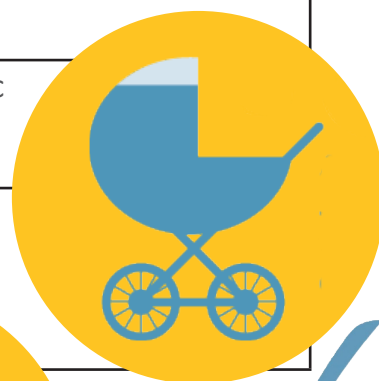
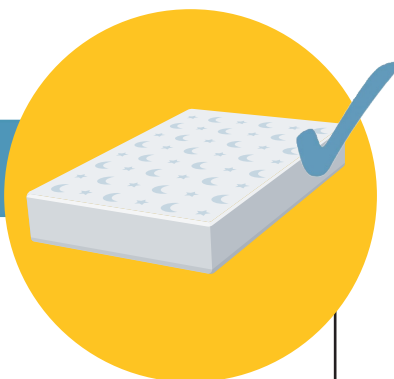
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Choosing what equipment to buy for your baby can be overwhelming, so we have put together this checklist reduce the chance of Sudden Infant Death Syndrome (SIDS). Things don't have to be complicated!

RECOMMENDED BUYS:

Cot / crib & mattress	<ul style="list-style-type: none"> The mattress should be firm, flat and waterproof You can reuse your own mattress if it's still in good condition Get a new mattress rather than a second hand one from another home if you can
Portable sleep space	<ul style="list-style-type: none"> Options include a Moses basket, carrycot or travel cot Will keep your baby in the same room as you when they sleep - day and night Follow mattress advice, extra padding isn't needed
Sheets and blankets or a sleeping bag	<ul style="list-style-type: none"> Make sure blankets aren't too thick or doubled over, and that they can be firmly tucked in Baby sleeping bags are also a good option
Car seat	<ul style="list-style-type: none"> Essential for travel but not for long periods Not suitable for long sleeps when you aren't travelling as they aren't flat Give your baby regular breaks, at least every 2 hours
Room thermometer	<ul style="list-style-type: none"> Can help you to keep your room between 16 and 20°C to avoid your baby overheating
Pram	<ul style="list-style-type: none"> Babies are safest sleeping flat and on their backs Like all places your baby may sleep, make sure the mattress is firm, flat and waterproof



YOU MIGHT THINK ABOUT BUYING:

Sling	<ul style="list-style-type: none"> If you use a sling, follow the TICKS guidelines: Tight; face In view at all times; Close enough to kiss; Keep chin off chest; Supported back. See more at www.babyslingsafety.co.uk
Play mat for tummy-time	<ul style="list-style-type: none"> Babies should have lots of supervised tummy time when they are awake to help build up their neck and shoulder muscles
Swaddle	<ul style="list-style-type: none"> If you choose to swaddle make sure to use a very thin material to make sure they don't get too hot Keep sleeping your baby on their back
Dummy	<ul style="list-style-type: none"> Using a dummy regularly may reduce the chance of SIDS If you are breastfeeding wait until this is well-established before offering one

NOT RECOMMENDED TO BUY:

Soft / heavy bedding	<ul style="list-style-type: none"> No duvets, quilts or heavy blankets Babies shouldn't lie on or have anything soft around them, particularly their heads, as this can increase the chance of overheating
Cot bumpers	<ul style="list-style-type: none"> No bumpers are needed. Keep your baby's cot clear to be as safe as possible
Pillow	<ul style="list-style-type: none"> Pillows should not be used for babies under 12 months
Breathing monitor	<ul style="list-style-type: none"> There is no evidence that breathing/heart rate monitors reduce the chance of SIDS You may choose to use one for your own peace of mind, but be aware they can set off many false alarms which may cause anxiety

