

Safe Sleeping



Are you an expectant parent?

Are you the parent or carer of a baby under one?

Do you know how to keep your baby safe while they are sleeping?

Every year around 300 babies die from 'cot death' or Sudden Infant Death Syndrome (SIDS) and while there is no advice which guarantees prevention of SIDS there are things parents and carers can do to reduce the risk.

Babies are more at risk if:-

- You or your partner drinks alcohol
- You or your partner use drugs
- You or your partner smoke
- You or your partner are very tired
- You or your partner use medication that can make you drowsy - including those your doctor prescribes and those you buy yourself

Or

- They are premature - born before 37 weeks
- They are under three months old
- They are low birth weight - less than 2.5kg or 5½lb

Do's

- Put your baby to sleep in a cot or crib on a clean, firm mattress - it's the safest
- Always put your baby on their back with their feet at the end of the cot or crib - 'feet to foot'
- Always remove outdoor clothing when your baby is inside
- Keep a good sleep routine
- Keep your house smoke free
- Keep the temperature between 16 - 18 degrees centigrade
- Make sure anybody caring for your baby knows how to keep them safe when they are sleeping
- Breast Feed - Recent research suggests this provides additional protection against sudden infant death

Don't

- Don't put your baby to sleep in a car seat or pushchair
- Don't allow your pets into your bedroom
- Don't use duvets, quilts, cot bumpers, pillows or cot drapes in your baby's cot or crib
- Don't sleep with your baby in a chair or sofa

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