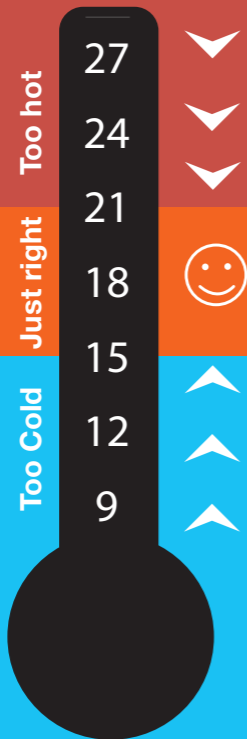


# Give your baby the chance of a lifetime



16 - 20 °C



A joint initiative between  
Bolton, Salford and Wigan  
Safeguarding Children Boards

See reverse for further advice

## Tips to keep your baby at a safe and comfortable temperature:

- put this thermometer near your baby's cot, out of direct sunlight
- the temperature is indicated by the brightest square
- keep the temperature in the room your baby sleeps between 16 - 20°C
- make sure your baby's cot is away from the radiator and out of direct sunlight

## Follow the advice below to reduce the risk of Sudden Infant Death to babies:

- place your baby to sleep in a cot, crib or Moses basket on a clean, firm mattress
- place your baby to sleep on their back, with their feet at the end of the cot or crib
- don't fall asleep with your baby on a sofa or armchair
- there is a greater risk if you fall asleep with your baby if you are a smoker, have been drinking alcohol, or taking drugs that make you drowsy
- don't let your baby get too hot and make sure bedding does not cover their head

**To find out more visit [www.fsid.org.uk](http://www.fsid.org.uk) or speak to your midwife or health visitor.**