

Create a safe sleep zone

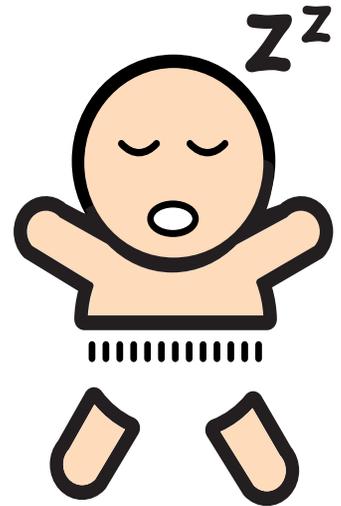
By following some simple tips you can help to reduce the risk while your baby is asleep.

Remember:

The safest place for your baby to sleep is in a cot in a room with you for the first six months.

Never let your baby sleep on a sofa.

Breast feeding and bonding are important to your baby's health. It is good to feed your baby in bed with you, but remember to put your baby in a cot when you go to sleep.



Important things to know

- Research shows that bed sharing (falling asleep with your baby) can be unsafe.
- Adult beds, sofas and armchairs are not safe for sleeping babies.
- Soft bedding such as pillows, quilts and duvets increase your baby's risk of Sudden Infant Death Syndrome and suffocation.
- Adults sharing a bed with a baby can accidentally roll too close or onto a baby whilst asleep. There is a higher risk of this occurring if you have taken medication, alcohol or are excessively tired.
- Do not smoke in pregnancy or in the same room as your baby.
- It is unsafe for adults, children or pets to share a sleeping area with your baby.
- Overheating can increase the risk of death while your baby is sleeping. Babies can overheat due to too much bedding or if the room is too hot. Use lightweight blankets. If you fold a blanket in half, it counts as two blankets.
- Don't worry if your baby's hands feel cold. This is normal. Check their tummy and if it feels hot remove some of the bedding.
- Babies do not need hot rooms and it is rare for their room to need to be heated all night. About 18°C (65°F) is comfortable.
- Keep baby's head uncovered and place your baby on their back with their feet to the foot of the cot.

Free information and advice line: 0808 802 6869

Provided by the Lullaby Trust: www.lullabytrust.org.uk