

Safer Sleep for your baby

Sadly some babies die suddenly and there does not seem to be a reason or illness. Doctors call this 'Cot Death' or 'Sudden Infant Death Syndrome' (SIDS).

Doctors have found that you can reduce the risk of this happening to your baby by following the 'Safe Sleep Advice'.

Sleep your baby on their back.

- Put your baby's feet to the bottom of the cot
- Have no pillows or duvets near your baby
- Tuck in the covers so the covers are no higher than your baby's shoulders

Do NOT smoke when pregnant or near your baby.

- Do NOT let others smoke near your baby.
- Do NOT take your baby into a smoky room or house.

Do NOT let your baby get too hot.

- Lots of clothes and blankets can make your baby overheat
- If baby's tummy or face is very hot or sweaty, take off some layers
- Your baby's hands and feet may feel cool – this is normal

If you use a Perinka, your baby will only need to wear a vest and nappy underneath this.

Do NOT cover your baby's head.

- Do NOT wrap your baby in thick blankets, use thin ones
- Do NOT wrap your baby very tightly
- Babies do not need hot rooms - keep room temperature around 18C

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

NEVER sleep with your baby on a sofa or armchair.

If you do share a bed with your baby, do NOT drink alcohol, take drugs or smoke.

- Make sure your baby does not get too hot in bed.
- Do not cover them with a duvet
- Keep your baby away from pillows

And finally, breast feed your baby if you can. Breastfeeding can significantly reduce the risk of cot death.