



**SAFER SLEEP  
WEEK**



**13th-19th March 2023**



# CO-SLEEPING with your baby



The safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket. However, we know that many parents find themselves co-sleeping whether they mean to or not. Wherever you're planning for your baby to sleep, we recommend making your bed a safer place for baby.

1

Keep pillows, sheets, blankets away from your baby or any other items that could cover their head or cause them to get too hot

2

Follow all The Lullaby Trust's other safer sleep advice to reduce the risk of SIDS such as sleeping baby on their back

3

To reduce the risk of accidents, do not bring other children or pets into bed with you

4

Check that baby cannot be trapped, wedged or fall out of bed or get trapped between the mattress and the wall

5

Never leave your baby unattended in an adult bed



It is important to know that co-sleeping with your baby is very dangerous if:

- ✗ Your baby was born prematurely (before 37 weeks of pregnancy) or weighed under 2.5kg or 5½ lbs when they were born
- ✗ You or anyone in the bed has recently drunk any alcohol
- ✗ You or anyone in the bed smokes
- ✗ You or anyone in the bed has taken any drugs or medication that makes you less aware than usual



For a safer night's sleep, follow our safer sleep advice and help protect your baby from sudden infant death syndrome (SIDS).



For support and advice on sleeping your baby safely The Lullaby Trust can help  
Visit: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)  
Contact us on: 0808 802 6869  
Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)

# SOFAS ARE NOT SAFE FOR SLEEPING BABIES



Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome by up to 50 times

Learn how to give your baby the safest possible sleep at [www.lullabytrust.org.uk/safersleep](http://www.lullabytrust.org.uk/safersleep) or call **0808 802 6868**

# The ABCs of Safer Sleep



**Always** sleep  
your baby...



...on their  
**back**...

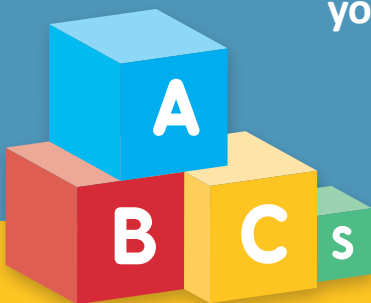


...in a **clear** cot or  
sleep space.

(free of bumpers, toys, pillows and loose bedding)

## Safer sleep for baby, sounder sleep for you

Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.



For support and advice on sleeping your baby safely The Lullaby Trust can help

Visit: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Contact us on: 0808 802 6869

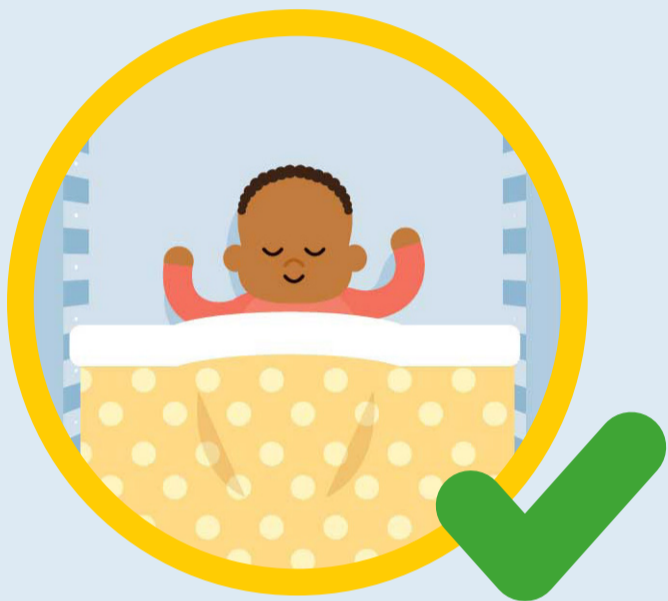
Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)



# SAFER SLEEP FOR PREMATURE BABIES



Babies who are born prematurely (before 37 weeks) or who weighed less than 5.5lbs (2.5kgs) at birth have a greater chance of sudden infant death syndrome (SIDS). Breastfeeding your baby, keeping them smoke free, and following these steps will help to reduce the risk.



## Back to Sleep

Always put your baby to sleep on their back, for every sleep both day and night.



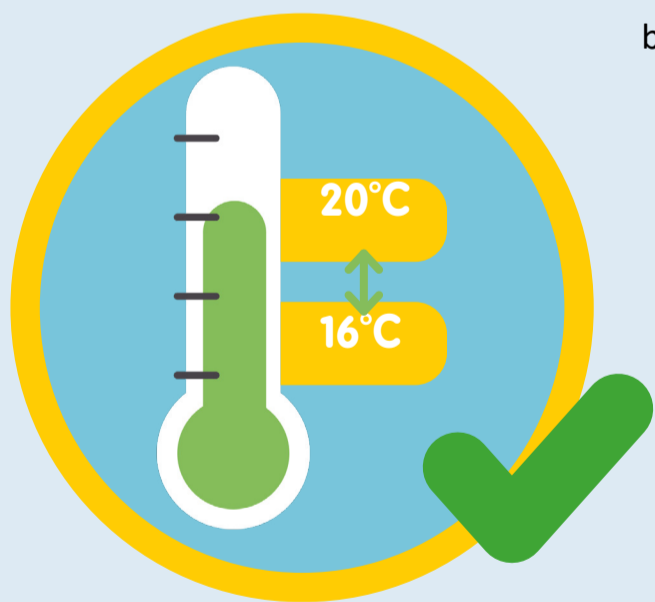
## Avoid co-sleeping

It is strongly advised that you do not sleep with your premature or low birthweight baby in bed, on a sofa or in a chair as they have a significantly higher chance of SIDS. The safest place for your baby to sleep for the first 6 months is in a separate cot or Moses basket in the same room as you.



## Remove hats

Once your baby comes home they should not wear a hat indoors. Hats can lead to overheating which is a risk factor for SIDS



## Prevent overheating

If a baby gets too hot, their chance of SIDS can increase. Keep room temperatures between 16 and 20°C. Regularly feel your baby's chest or back of their neck and if their skin feels sweaty or clammy, remove layers of clothes or bedding.



## Slings & Baby-Carriers

If you choose to use a sling or baby-carrier, make sure that you follow the TICKS\* guidelines:

- ✓ Tight
- ✓ In view at all times
- ✓ Close enough to kiss
- ✓ Keep chin off the chest
- ✓ Supported back

This is to ensure that your baby's airway is kept clear, and so you can check that they are able to breathe easily and are not overheating.



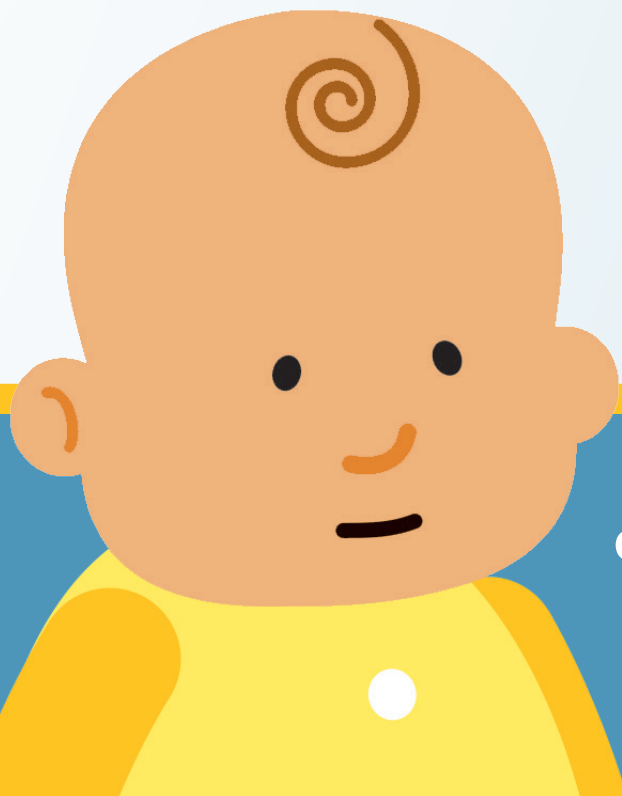
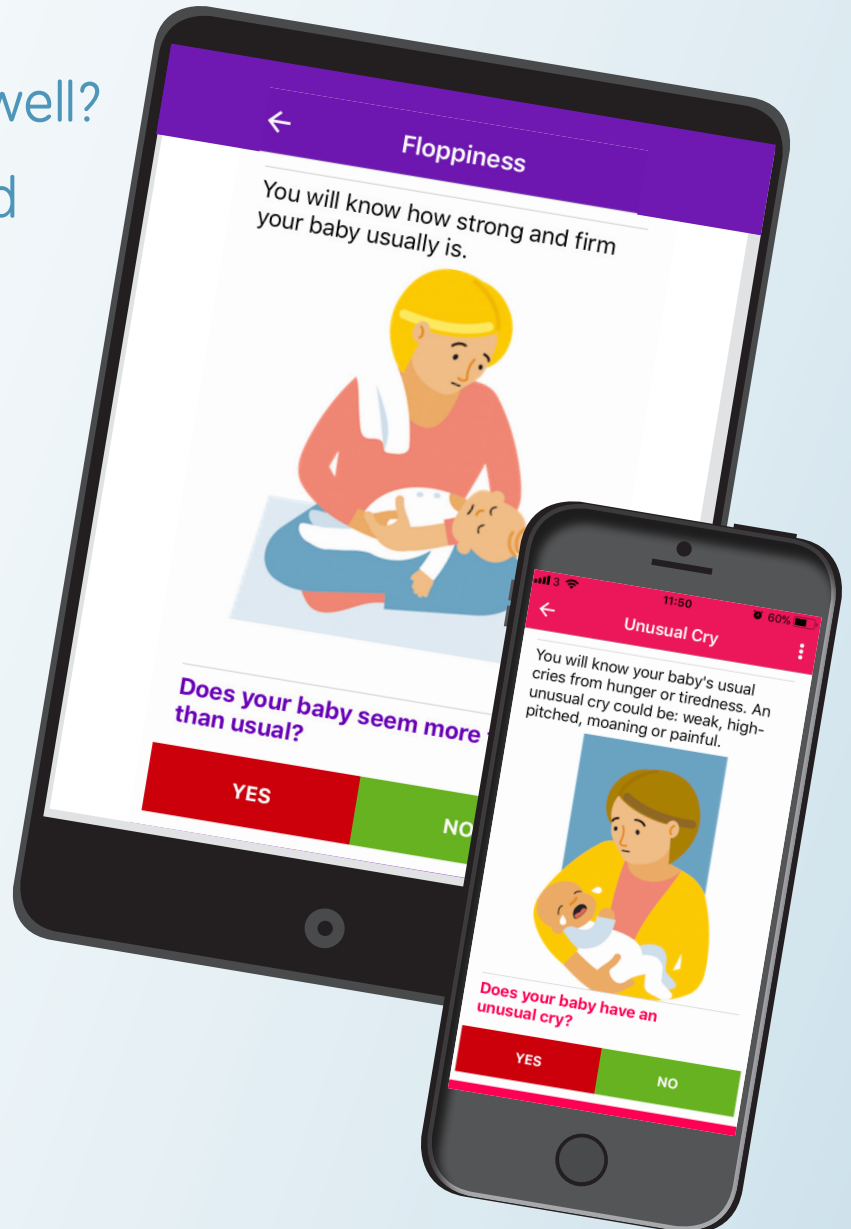
**Twins  
trust.**

Royal College  
of Midwives

\* The Consortium of UK Sling Manufacturers and Retailers

# Baby Check

- Is your baby very unwell?
- Does your baby need to see a doctor?
- **The FREE Baby Check App will help you decide.**



Download Baby Check App for free  
on Google Play and in the App Store.



# Safer sleep for babies

## Things you can do



- ✓ Always place your baby on their back to sleep



- ✓ Keep your baby smoke free during pregnancy and after birth



- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



- ✓ Breastfeed your baby



- ✓ Use a firm, flat, waterproof mattress in good condition





## Things to avoid



**X** Never sleep on a sofa or in an armchair with your baby



**X** Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



**X** Avoid letting your baby get too hot  
**X** Don't cover your baby's face or head while sleeping or use loose bedding

## You should follow the advice for all naps, not just for night time sleep

**Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.**

**You can also talk to your midwife or health visitor if you have any questions or concerns or get in touch with us**

**Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)**

**Telephone: 0808 802 6869**

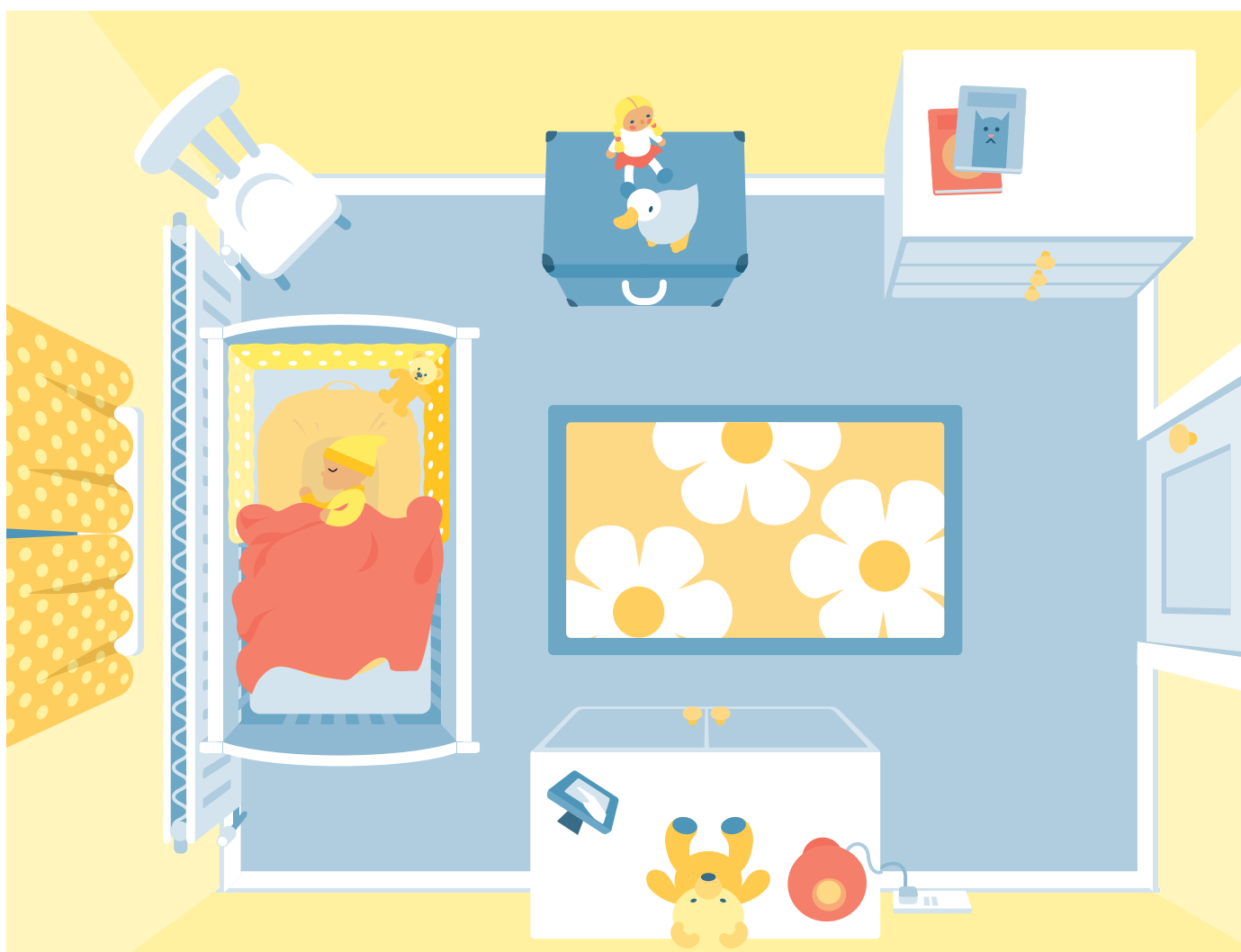
**Website: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)**

# Spot the Risks



## Can you spot 8 things in this picture that may increase the chance of Sudden Infant Death Syndrome?

Is your baby sleeping as safely as possible? This picture shows a baby aged between 1 month and 6 months asleep. Can you identify eight things about the room, cot or the way the baby is sleeping that may increase the chance of Sudden Infant Death Syndrome?



# Did you spot all 8?

- 1 Nursery.** The baby is in his own room. The safest place for your baby to sleep for the first six months is in a cot or Moses basket in the same room as you.
- 2 Side Sleeping.** It is important that you always put your baby on their back as part of their regular sleep routine – never on their front or side.
- 3 Feet-to-foot.** Place your baby with their feet to the foot of the cot, so they can't wriggle under the covers or you can also use a baby sleep bag.
- 4 Bedding.** The blankets in the cot are loose. It can be dangerous if your baby's head gets covered when they sleep.
- 5 Pod.** We don't recommend placing baby on a pod or nest to sleep or nap. When sleeping, babies shouldn't lie on or have anything soft around them, particularly their heads, as this can cause them to overheat and increases the risk of SIDS.
- 6 Hat.** Babies need to lose excess heat from their heads so remove hats and extra clothing as soon as you come indoors even if it means waking your baby.
- 7 Soft toy in cot.** Some items added to a cot may increase the risk of head-covering. Unnecessary items in a baby's cot can also increase the risk of accidents.
- 8 Radiator.** Babies should never sleep next to a radiator or in direct sunlight to avoid overheating.

## The picture also shows:

**Cot Bumpers.** We do not recommend cot bumpers. Cot bumpers can pose the risk of an accident when your baby becomes mobile. A simple mattress in your cot with no loose bedding or bumpers is the safest sleeping place for a baby.

**Smoking.** The picture doesn't show parents smoking near the baby, but this is a major risk for SIDS. Keep your baby as smoke free as possible and never share a bed with your baby if you or your partner smokes.

Tel: 020 7802 3200

Email: [office@lullabytrust.org.uk](mailto:office@lullabytrust.org.uk)

Web: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Registered charity number: 262191

Company registration number: 01000824

# The Correct Sleeping Environment





the  
lullaby  
trust

safer sleep for babies – support for families

