Safer Sleep Bulletin

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of a baby where no cause is found. While SIDS is rare it can still happen and there are steps that can be taken to help reduce the chance of this tragedy occurring.

With the lead up to Christmas and New Year families still need to consider the safest place for their baby to sleep and to keep the normal routine as far as possible. As families may be sleeping away from home or be having family to stay the babies still need their own safe place to sleep. Houses tend to be warmer over the period and more chaotic.

Things you can do…

✓ Always place your baby on their back to sleep

✓ Keep your baby smoke free during pregnancy and after birth. Keep your baby out of smoky areas

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

✓ Use a firm, flat waterproof mattress in good condition

Things to avoid…

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

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

✗ Avoid letting your baby get too hot. A room temperature of 16-20°C with light bedding or a lightweight well-fitting baby sleep bag that is comfortable for babies to sleep in.

✗ Don't cover your baby's face or head while sleeping or use loose bedding

Other factors

Signs of illness – it is recommended that medical advice should be sought if a baby shows signs of illness that persist for more than 24 hours

Swaddling – seek guidance on how to do this correctly to reduce risks associated with this method. Do not cover that baby's head and only use thin materials.

Slings and car seats – follow the manufacturer's guidance on safe use and do not leave infants for car seats for very long periods or unsupervised.

SAFER SLEEP WEEK: 14-20 March 2016

Visit www.lullabytrust.org.uk/safer-sleep for more information and to download FREE resources