

SAFE SNOOZING **for your newborn**

**Top tips to help keep your
little one safe and sound**



The Good Snooze Company

Top tips for safe sleeping

SIDS (Sudden Infant Death Syndrome) affects around 200 babies every year in the UK, usually under the age of 6 months. Although this seems like a big number, SIDS is actually extremely rare.

By following these top tips, you can help minimise your risk of SIDS for your baby.



Give your baby their own flat, clear sleep space

Soft, raised surfaces, pillows and duvets can mean that your baby gets too hot or can't breathe



Put your baby on their back to sleep

Front or side lying sleep positions increase the risks. Ensure your baby's feet are at the bottom of the cot with no loose blankets. The 'Back to Sleep' campaign in 1991 reduced SIDS by 80%.



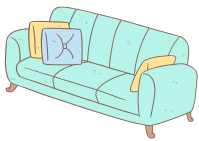
No smoking around the baby

Your baby is at higher risk of SIDS if you or your partner smoke, or if the baby is exposed to tobacco



Breastfeed your baby

SIDS risk is halved in babies who are breastfed for at least 2 months



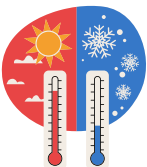
Don't fall asleep on the sofa or armchair with your baby

SIDS risk is 50 times higher if you fall asleep with your baby in a chair. Ensure you have a safe space to put baby if you think you will fall asleep.



Have your baby in your bedroom for the first 6 months

Studies have shown that if you sleep with your baby close by in the first 6 months, SIDS risk is reduced



Ensure the room is an ambient temperature

Your baby should sleep in an environment between 16-20 celsius. If their room gets chilly you can add a vest layer or cotton socks.

Bedsharing safely

Whether you choose to bedshare with your baby, or you find yourself bedsharing unintentionally, it is important to do so safely.

Studies have found that the below bedsharing factors can affect the risk of SIDS

- ✓ Keep pets and other children out of your bed
- ✓ Keep pillows, duvets and loose bedding away from your baby
- ✓ Ensure your baby can't become trapped or wedged between the bed and the wall



To keep your baby as safe as possible, DO NOT bedshare if...



- ✗ You or your partner have been drinking alcohol
- ✗ You or your partner smoke
- ✗ You or your partner are taking drugs or any medication that make you drowsy
- ✗ Your baby was premature (born before 37 weeks) or weighed less than 2.5kg when they were born

Co-sleeping guidance: www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping

Breastfeeding help: Contact your Health Visitor or National Breastfeeding Helpline 0300 100 0212

When babies start to roll: www.lullabytrust.org.uk/sleepingposition

Premature babies: www.lullabytrust.org.uk/premature

Using slings safely: www.rosipa.com/home-safety/advice/product/baby-slings

Help with stopping smoking: www.nhs.uk/pregnancy/keeping-well/stop-smoking

