

If your baby shows signs of being unwell you should seek medical advice.

Do not give any medicine to your baby under the age of 3 months unless advised by a health professional.

Bed-sharing also known as co-sleeping should be avoided, as this may also increase the chance of accidents such as:

- Baby rolling
- Baby falling
- Baby getting trapped between the bed/mattress/wall
- Adult rolling onto baby (overlying)

For more information please discuss this with your GP, Midwife or Health Visitor.

Remember that Sudden Infant Death is rare. BUT do share this information with anyone caring for your baby. Following this advice reduces the risk even further. For more information www.lullabytrust.org.uk

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SAFE SLEEPING FOR BABIES & INFANTS

The safest place for a baby to sleep, under the age of one year, is in a cot, crib or Moses basket.

DID YOU KNOW...

...In Hertfordshire in 2019, 6 babies under the age of 1 died whilst bedsharing (co-sleeping) with an adult.



WHAT IS CO-SLEEPING?

Parents choosing to share a bed or other sleep surface with their baby during the day **or** night such as:

- A BED
- A SOFA
- AN ARMCHAIR

Co-sleeping is a risk...

...because a baby's body temperature controls are still developing, which increases the risk of overheating, and the risk of pillows, blankets and other items obstructing baby's breathing.



RISK FACTORS



Tiredness



Smoking



Alcohol/Drugs



Premature/
Low birth weight

We strongly recommend that you DO NOT Co-sleep

Things to avoid

X

Co-sleeping on a bed, sofa, armchair



X

Use of baby- nest, hammock or head rings



X

Co-sleeping if you or your partner smoke, drink alcohol, take drugs (illegal or legal), or medication which makes you drowsy



X

Covering baby's face or head whilst in a cot/pram or car seat, or swaddling in a shawl/blanket, as this can mean baby gets too hot.

Using bumpers/pillows/duvets or sleeping accessories



X

Co-sleeping if baby was premature or low birth weight



X

Things you can do to keep your baby safe

✓

Place your baby to sleep on their back, in a separate cot/crib or Moses basket for all sleeps.



✓

Use a **new, firm, well fitted mattress**, with the use of a sheet, blanket or fitted sleeping bag

The room temperature should be between



16-20c/60-68f

✓

Keep the cot/crib away from the window /radiator.



✓

At night keep your baby in the cot/crib beside your bed for the first six months



0-6MONTHS

✓

Take them out of the **car seat** when the journey's finished and **remove outer clothing** when in the car or indoors