

Safer Sleep Reminder for Parents and Care-givers



Every Sleep Must be a Safer Sleep

Sleeping Environment – The safest place for your baby to sleep is a separate cot or Moses' basket in the same room as you for the first 6 months, even during the day. Keep the sleeping environment clear of toys, cot bumpers, pillows and any products marketed for babies to sleep with. Always seek advice from your Midwife or Health Visitor. Always take your baby out of the car seat when you are not traveling – the position carries potential risk and may inhibit breathing.

Temperature – It is important to make sure that your baby's room is a comfortable temperature – not too hot or too cold. The chance of SUDI* is higher in babies who get too hot. Try to keep the room temperature between 16 -20°C. Remember to remove hats, blankets coats/snow suits when you move from cold environments to warm heated environments.

*SUDI – Sudden Unexplained Death in Infancy

Out of Routine – If you're taking medication, consumed alcohol, taken any substances or away from home don't change your routine, stick to the safer sleep advice. Babies are at greater risk when any of these things have changed from the normal routine.

[Out of routine: A review of sudden unexpected death in infancy \(SUDI\) in families where the children are considered at risk of significant harm \(publishing.service.gov.uk\)](#)

Position – Always put your baby on their back for every sleep, day and night, as the chance of SUDI is particularly high for babies who are sometimes placed on their front or side.

#EverySleepMustBeASaferSleep / For more information and Safer Sleep advice contact – [The Lullaby Trust - Safer sleep for babies. Support for families](#)

STOP and THINK! Keep Your Baby Safer

Baby sleeping arrangements when away from home and unplanned sleeping arrangements:

The occurrence of SIDS (Sudden Infant Death Syndrome) is rare but in many cases preventable with advice – see: [How to reduce the risk of SIDS for your baby - The Lullaby Trust](#). It is particularly important where there are unplanned sleeping arrangements or bed poverty. It is important to plan how to provide a safer sleep environment for your baby if you are going to be away from home (e.g. on holiday). A cot, Moses basket or travel cot is ideal, but there are other options if you don't have access to one of these.

The Lullaby Trust has some excellent summer safety advice, and on planned and unplanned situations for sleeping away from home:



- [Baby summer safety - The Lullaby Trust](#)
- [Baby sleep away from home - The Lullaby Trust](#)
- [Babies sleeping away from home in emergency situations - The Lullaby Trust](#)



ICON - ICON is all about helping people who care for babies to cope with crying

ICON stands for

I Infant crying is normal

C Comforting methods can help

O It's OK to walk away

N Never, ever shake a baby

Speak to someone if you need support such as your family, friends, midwife, GP or health visitor.

More information and a wealth of resources are available on the ICON Cope website –

www.iconcope.org

More information and resources can also be found on the BHSCP website here : [ICON - BHSCP](#)

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More information can be found on the BHSCP website here:

[Safer Sleep and SUDI \(Sudden Unexplained Death in Infants\) - BHSCP](#)