

**SAFER SLEEP  
WEEK**



**11th-17th March 2024**



# The ABCs of Safer Sleep

Always sleep your baby on their back in a clear cot or sleep space




## 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

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

 0808 802 6869

 [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

[lullabytrust.org.uk](http://lullabytrust.org.uk)  
or call **0808 802 6869**

# 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



**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 or take drugs or if your baby was born prematurely or was of low birth weight**



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

### **Follow the advice for every sleep, day and night**

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**

 020 7802 3200  
 [office@lullabytrust.org.uk](mailto:office@lullabytrust.org.uk)  
 [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)





To help protect your baby from sudden infant death syndrome (SIDS), follow our safer sleep advice for every sleep, day and night.



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# SPOT THE RISKS

Can you spot **10 things** in this picture that may increase the chance of sudden infant death syndrome (SIDS)?

Is your baby sleeping as safely as possible? This picture shows a baby aged between 1 month and 6 months asleep. Can you identify ten 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 10?

- 1 NURSERY** - The baby is in their 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 use a baby sleeping 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 PILLOW** - If your baby is under one year old never use a pillow, quilt, or duvet. Pillow use alone has been shown to increase the chance of SIDS occurring by up to 2.5 times. It is much safer to sleep your baby in a clear, flat, separate sleep space.
- 6 HAT** - Babies need to lose excess heat from their heads. Remove hats and extra clothing as soon as you come indoors, even if it means waking your baby.
- 7 RADIATOR** - To avoid overheating, babies should never sleep next to a radiator or in direct sunlight.
- 8 COT BUMPERS** - We do not recommend cot bumpers. Cot bumpers can pose the risk of an accident when your baby becomes mobile.
- 9 POD/NEST** - 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.
- 10 CUDDLY TOYS** - A clear cot is a safer cot, so we advise that you remove any toys from your baby's sleep space.

## Keep baby smoke free

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.

