Advice for Grandparents, Relatives and Friends on Safer Sleeping for Babies

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

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

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

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If a baby in your care 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.
**Sudden Infant Death Syndrome (SIDS)** is the sudden and unexpected death of a baby. This is more likely to occur when a baby has slept on a sofa, chair, or bed with an adult, and can occur at any time of the day or night. This is referred to as ‘co-sleeping’. Co-sleeping will increase the risk of a baby overheating. It is recommended that babies sleep in their own crib/Moses basket/cot.

### How to be safe when looking after baby

In the UK, around 216 babies die each year because of SIDS – that’s over four babies every week, according to the Lullaby Trust. Babies placed on their front to sleep (or nap) are six times more at risk of SIDS than those placed on their back. In the early 1990’s advice changed to say that babies should be put to sleep on their back, never their front. Prior to that, you may have placed babies on their front to sleep – that was the advice at the time but things have changed and we now know more about how to keep babies safe. Since the launch of the ‘Back to Sleep’ campaign, the rate of SIDS has fallen by 81%.

Help baby develop by allowing them plenty of ‘tummy time’ when they are awake and someone is present to watch them.

### Top tips to help keep baby safe

**DO**
- Place baby to sleep in a separate cot/crib or Moses basket - for all sleep, including naps and keep your home smoke-free.
- Place baby on their back to sleep, with baby’s feet at the bottom of the cot/crib/Moses basket.
- Use a new, firm, well-fitted mattress with fitted sheet. No toys or loose blankets in the cot.
- Keep the room temperature between 16-20C. Keep baby’s crib/Moses basket/cot away from the window and radiator.
- Do take baby out of the car seat once the travel has taken place. They’re not flat and can be a risk.
- At night, keep baby in the cot/crib or Moses basket beside your bed for the first six months.

**DO NOT**
- Fall asleep while feeding, or co-sleeping with baby on a sofa an arm chair or a bed.
- Co-sleep if you or your partner smoke, drink alcohol or take drugs (legal or illegal), or any medication that makes you drowsy.
- Cover baby’s face or head whilst sleeping.
- Let baby get too hot by leaving baby in their car seat/sling and/or their outdoor clothing when they are inside.
- Co-sleep if baby was premature or low birth weight.
- At night, keep baby in the cot/crib or Moses basket beside your bed for the first six months.

**DO NOT**

- Use bumpers, pillows, duvets and other sleeping accessories where baby sleeps.

Co-sleeping should also be avoided if you are excessively tired, as this may increase the chance of accidents e.g. baby rolling, falling or getting trapped between the bed/mattress/wall.