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.

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

Head Office Hertfordshire Community NHS Trust
Unit 1a, Howard Court, 14 Tewin Road, Welwyn Garden City, AL7 1BW
Telephone: 01707 388000

Safer Sleep for Babies

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

It is particularly recommended that you **DO NOT** co-sleep with your baby if:

<table>
<thead>
<tr>
<th>You or your partner smoke</th>
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<tbody>
<tr>
<td>You or your partner have consumed alcohol or drugs (including any medication that makes you drowsy)</td>
</tr>
<tr>
<td>Your baby was born at a low birth weight (below 2.5kg or 5.5lbs)</td>
</tr>
<tr>
<td>Your baby was born prematurely (before 37 weeks)</td>
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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.

**Things you can do to keep your baby safe**

- Place your baby to sleep in a separate cot/crib or Moses basket - for all sleep, including naps and keep your home smoke free.
- Place your 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, flat mattress. The use of a sheet and a blanket or well fitted sleeping bag with appropriate TOG depending on the season.
- Keep the room temperature between 16-20C. Keep baby’s bed away from the window and radiator.
- Breast-feed if you can. Breast feeding protects against infection and disease.
- At night, keep your baby in the cot/crib or Moses basket beside your bed for the first six months.

**Things to avoid**

- Co sleeping with your baby on: a sofa, an arm chair, a bed, a baby nest or hammock.
- Co-sleeping if you or your partner smoke, drink alcohol or take drugs (legal or illegal), or any medication that makes you drowsy.
- Covering your baby’s face or head with a blanket or sheet whilst sleeping in a cot, pram or car seat.
- Letting your baby get too hot.
- Removing your baby from their car seat/sling and your baby’s outdoor clothing when they are inside.
- Co-sleeping if your baby was premature or low birth weight.
- Using bumpers, pillows, duvets and other sleeping accessories where your baby sleeps. Do not allow your baby to sleep in the car seat when the journey is finished.