

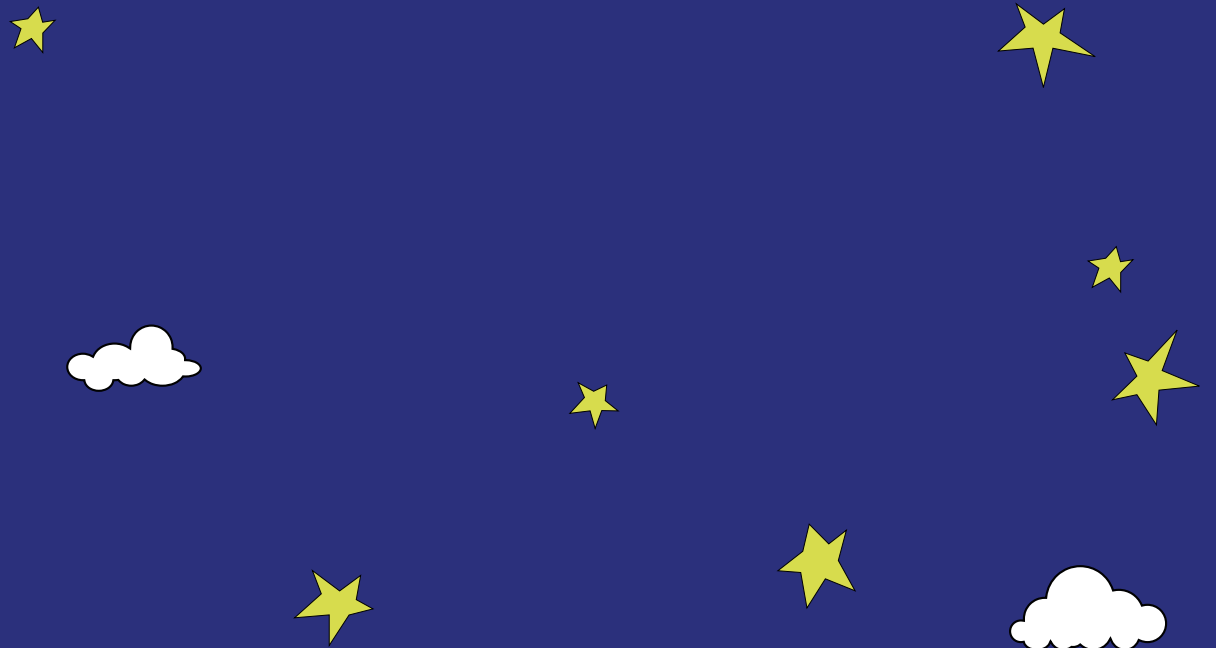


Mid and South Essex
Health and Care
Partnership



Baby Safe Sleeping

Advice and guidance on safe
sleeping for young babies



Advice on making sure your baby sleeps safely

Sleeping has a number of risks for young babies, and learning how to care for your baby while asleep is one of the fundamentals all parents must learn.

Every year babies in the UK die during sleep from sudden infant death syndrome. The advice set out in this guide aims to help you learn the best ways to keep your baby safe while sleeping.

Baby Safe Sleeping Checklist



For at least the first 6 months:

1. Lay your baby flat on their back and place them with their feet at the foot of the cot.

2. Cots or Moses baskets are best. Sleeping pods, nests and hammocks are not recommended.

3. It's best that babies sleep on their own in their cot. Co-sleeping is not recommended.

4. You should be in the same room as your baby as they sleep. Make your home a 'smoke-free' environment.

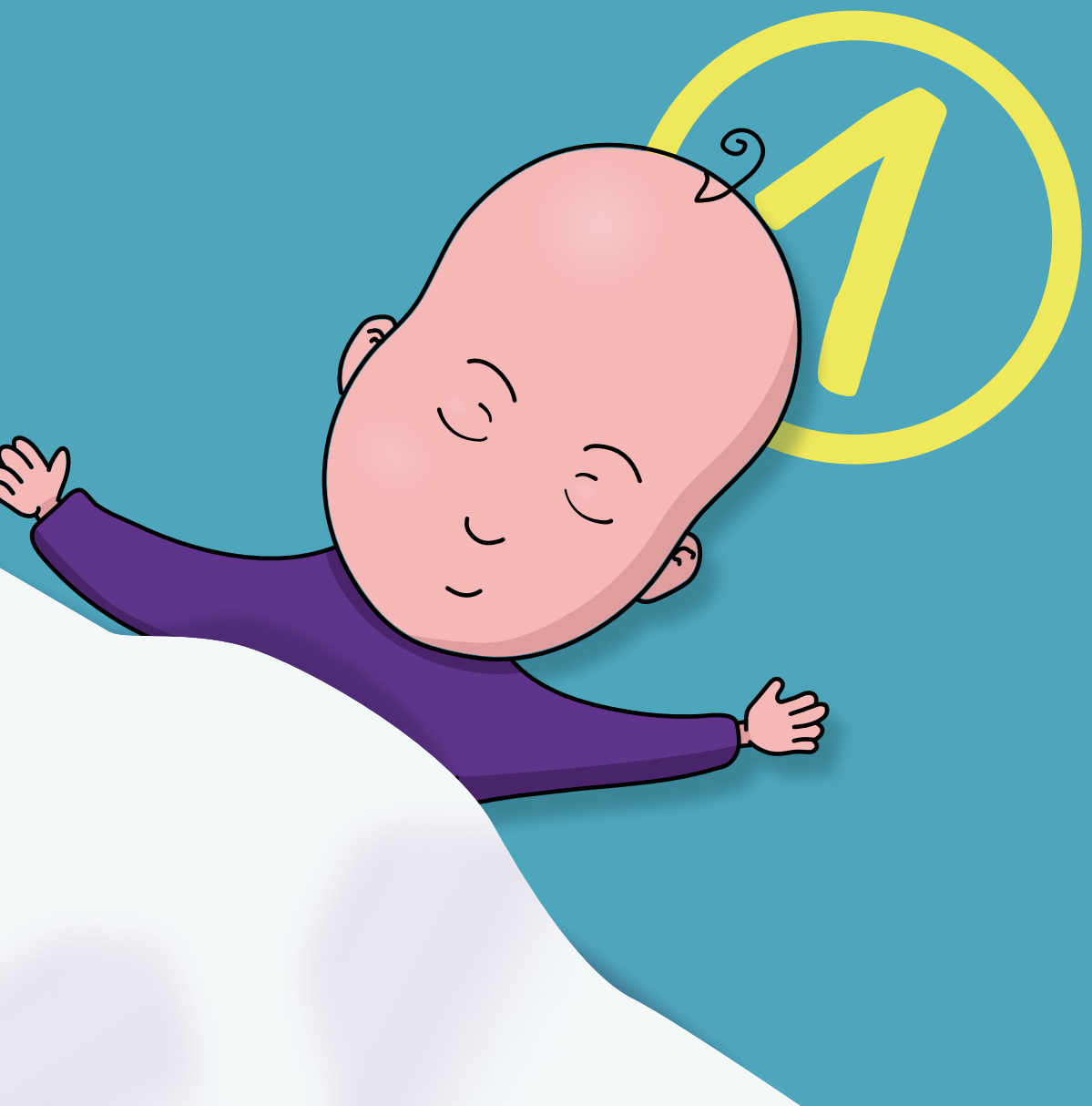
5. Keep their cot clear and clutter free: no toys, duvets, pillows, or cot bumpers.

6. 16 - 20°C is often a comfortable temperature, but remember to check they're not hot or cold by feeling the back of their neck or chest.

*There are more than
200 sudden infant
deaths every year in
the UK.*



Sleep on their
Backs



1. Sleep on their Backs

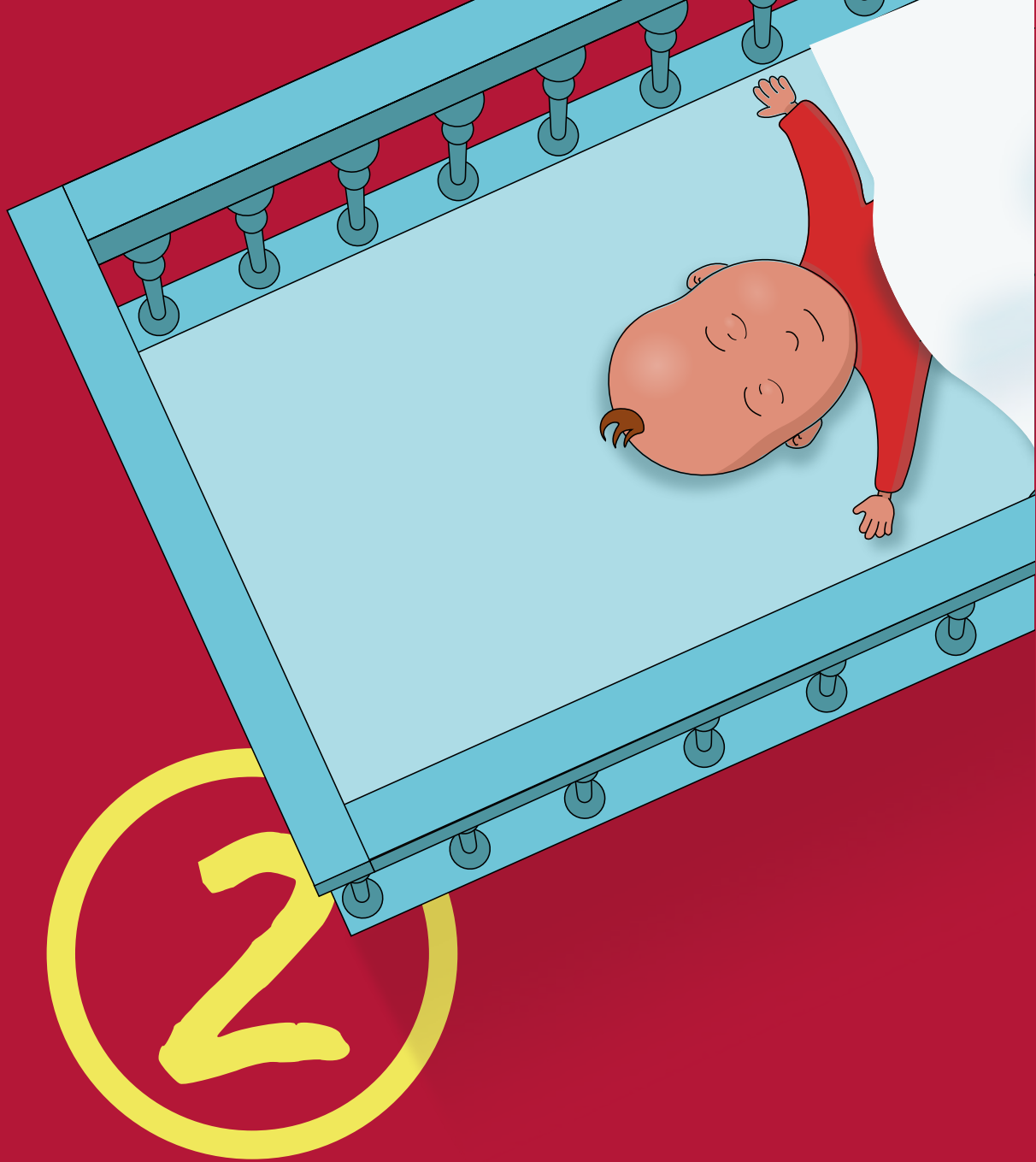
The safest position for a baby while sleeping is on their back.

Their feet should be at the bottom of the cot “feet to foot” so that their bedding can be tucked in safely under the mattress.

Their bedding should be no higher than their armpits.

As babies get older, they will get strong enough to roll themselves onto their front and back again.

Once able to do this, you can let your baby find their own sleeping position. The first few times they roll themselves you might want to gently turn them onto their backs again.



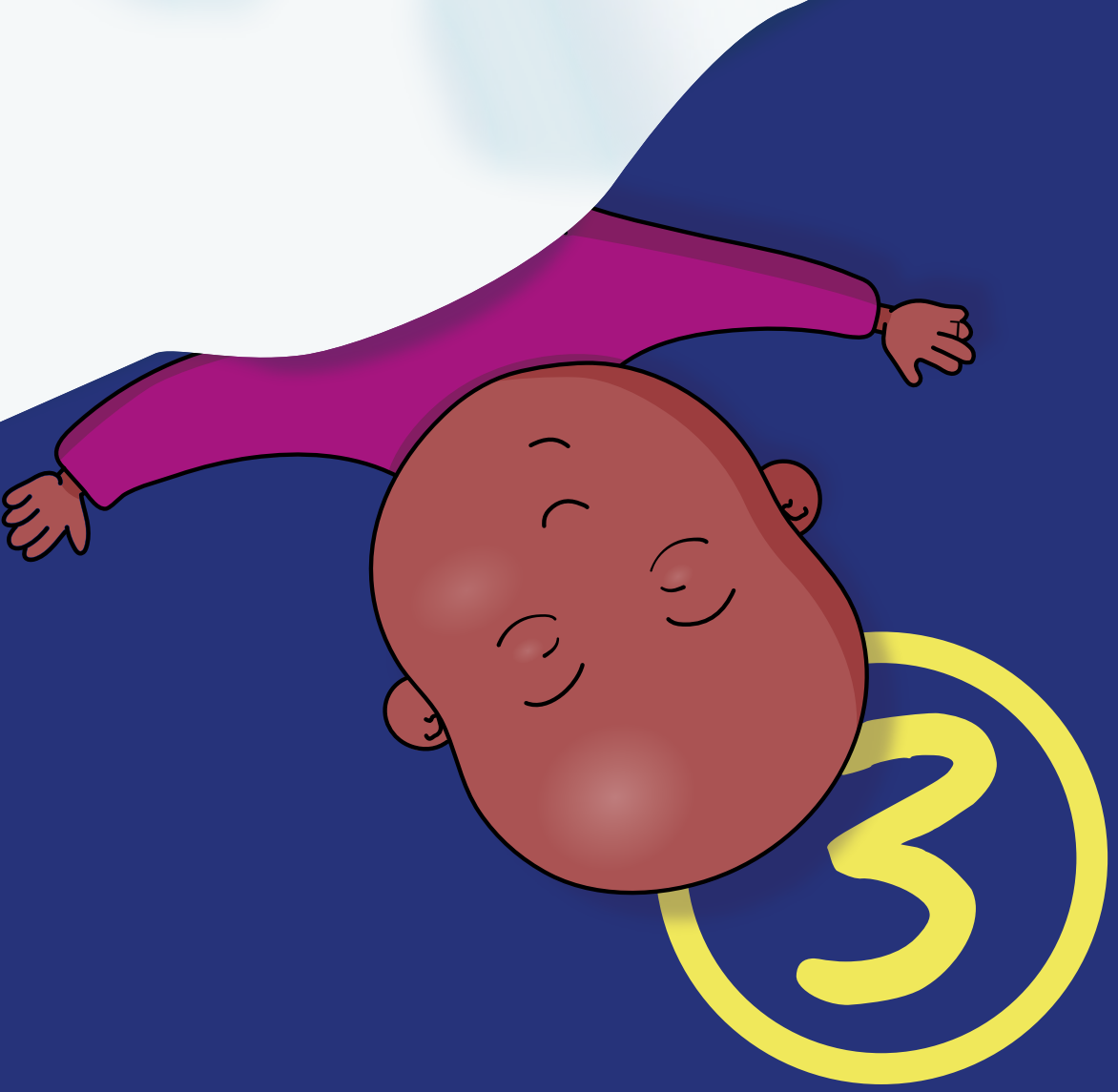
Stick with *Cots* or
Moses Baskets

2. Stick with Cots or Moses Baskets

Cots and Moses baskets are the safest place for babies to sleep. **Sleeping pods, nests and baby hammocks are not recommended.**

Evidence shows that sleeping a baby on anything but a firm, flat surface, or using soft, heavy bedding, can increase the risk of sudden infant death syndrome.





*Their own Cot
is Best*

3. Their own Cot is Best

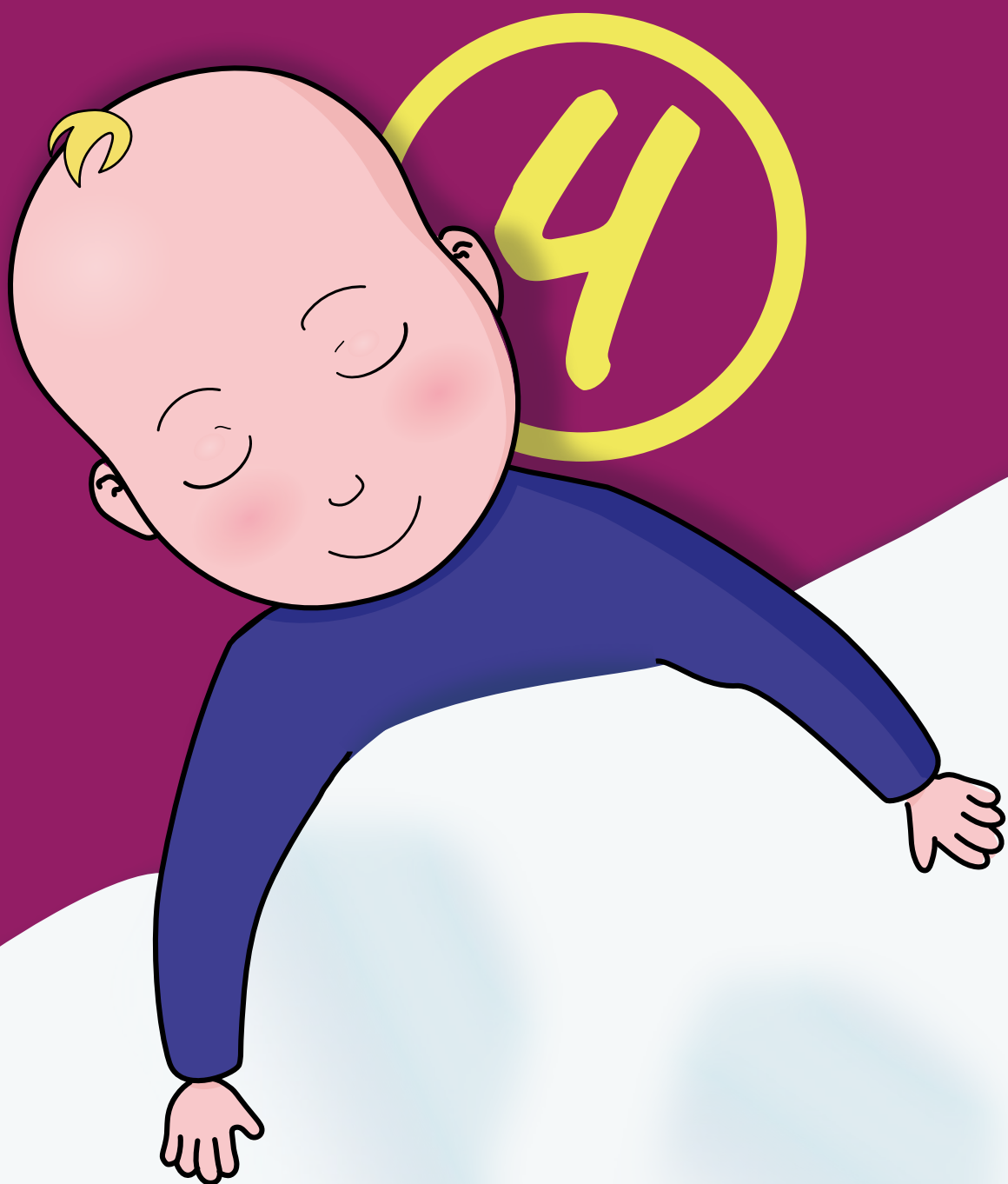
The recommendation is for babies to sleep in their own cot or Moses basket. Sharing a bed with a baby (co-sleeping) **is not recommended**. Never share a bed if:

- You **smoke** (even if you do not smoke in the bedroom)
 - You have drunk **alcohol** or taken **drugs** (including medication that makes you drowsy)
 - You are extremely **tired**
- Your baby was born **premature** (37 weeks or less)
 - Your baby was born at a **low weight** (2.5kg or 5½ lbs or less)

*Falling asleep on an
armchair or sofa with your
baby increases the risk of
sudden infant death by up
to 50 times.*



*The Same Room
is Best*



4. The Same Room is Best

During your baby's first 6 months, the safest place for them to be is sharing a room with you, even when your baby falls asleep during the day.

Never sleep on a sofa or armchair with your baby, this can increase the risk of sudden infant death syndrome by 50 times. If you think you might fall asleep, put your baby down in their cot or a Moses basket.



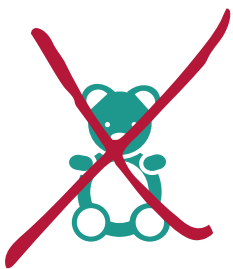
*Keep Cots Clear and
Clutter Free*

5. Keep Cots Clear and Clutter Free

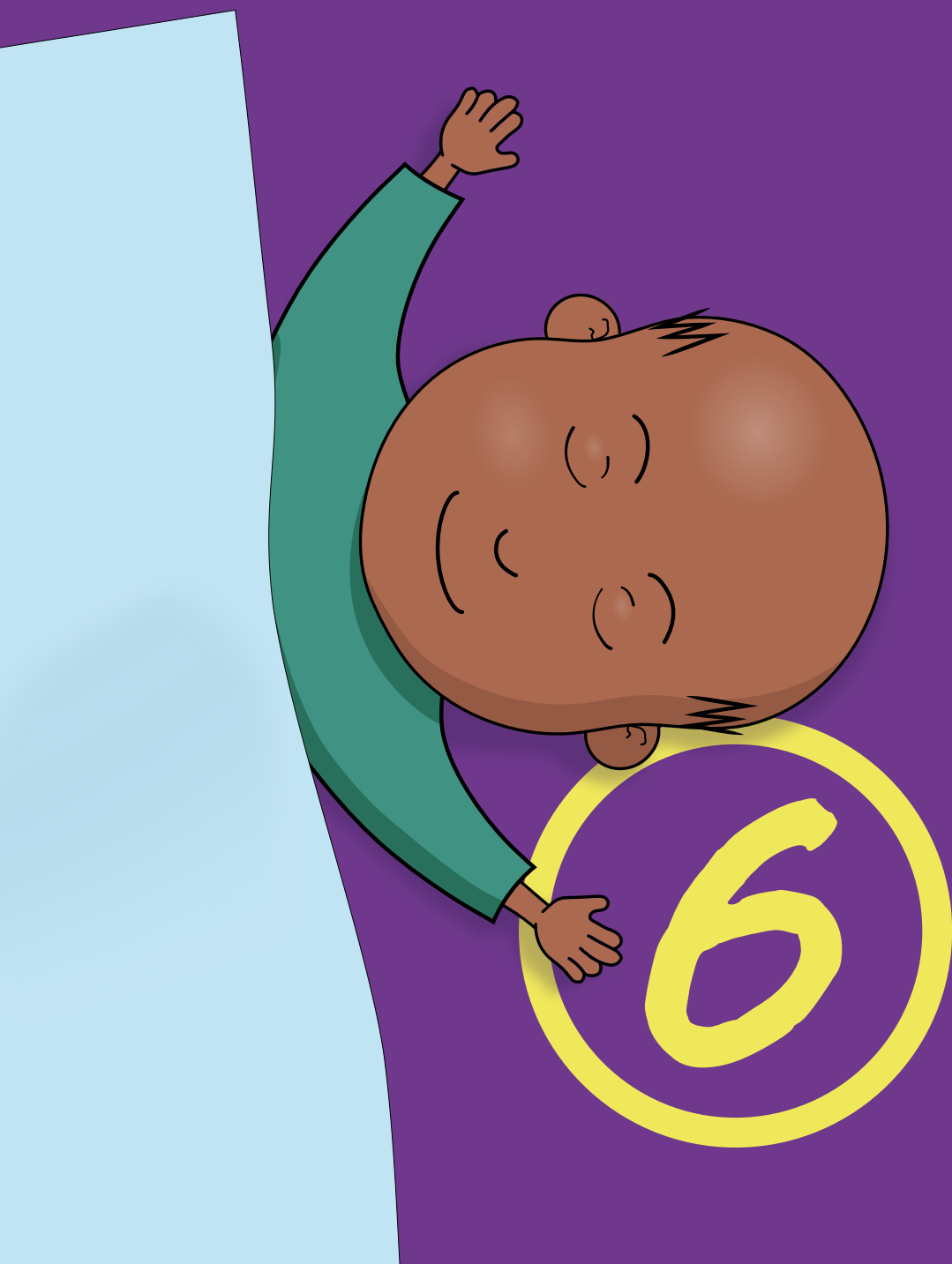
A baby only needs a firm mattress and some bedding when sleeping. **They do not need:**



a pillow, nests, duvets, cushioned sleeping pods, baby hammocks, cot bumpers, any toys including soft toys



Between 16-20°C
is Just Right



6. Between 16 – 20°C is Just Right

Between 16 and 20°C is the most comfortable sleeping temperature for babies.

You can check the room temperature with a thermometer, but remember to keep checking your baby's temperature directly by **feeling if the back of their neck or chest** is hot or sweaty.

Reduce the number of layers if your baby is hot.

Heating your home in winter

If you have your heating on at night in winter, make sure to keep it at a relatively low temperature (below 20°C).

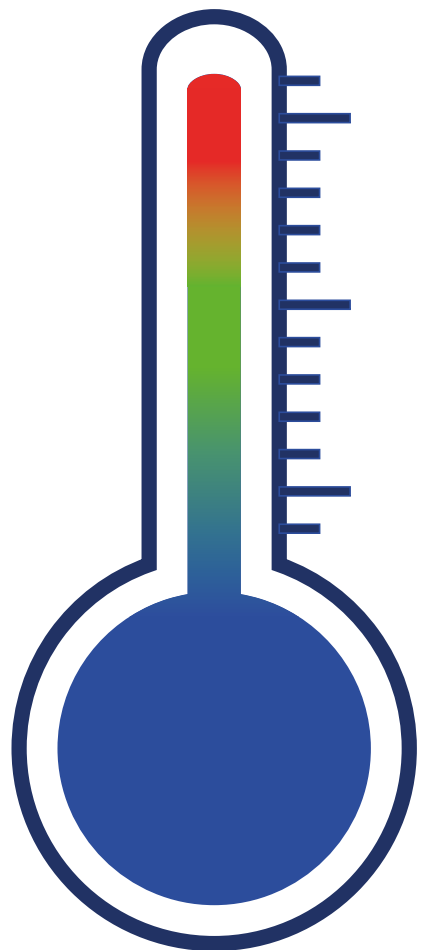
If you struggle to heat your home, there is support for you. You may be eligible for the [Warm Home Discount Scheme](#). There's also the [Green Homes Grant](#) that can help to make your home more energy efficient.



What to do when they are unwell

When babies are unwell, they need less layers not more as they will likely be a little warmer.

Make sure to keep checking their temperature by feeling the back of their neck or their chest. If the skin is hot or sweaty, remove a layer.



For more safe sleeping advice visit:
bit.ly/mse-baby-safe-sleeping

or

www.lullabytrust.org.uk/safer-sleep-advice

