

welcome

to the

WORLD

A quick guide to Safer Sleep: Day and Night



Always place your baby to sleep on their back, with their feet at the bottom of the cot.



Keep your baby smoke free at all times.



The safest place for your baby to sleep is on their own sleep surface, in the same room as you, for at least the first six months.



Use a firm, flat waterproof mattress that is in good condition and fits the Moses basket or cot properly.



Never sleep on a sofa or armchair with your baby, this can increase the risk of SIDS by 50 times.



Do not add extra padding to travel cots.



Do not incline, tilt, or prop the mattress, cot, or baby.



Avoid letting your baby become too hot. A room temperature of 16-20°C – with light bedding or a lightweight, well-fitting baby sleep bag – is comfortable and safe.



Don't cover your baby's face or head while sleeping. Don't use loose bedding, tuck in blankets and sheets, and keep sleep surface clear of pillows & toys.

It is particularly risky to share a sleep surface with your baby if:

- You or your partner smokes (even if you do not smoke in the bedroom).
- You or your partner has drunk alcohol or taken drugs (including medications that may make 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).

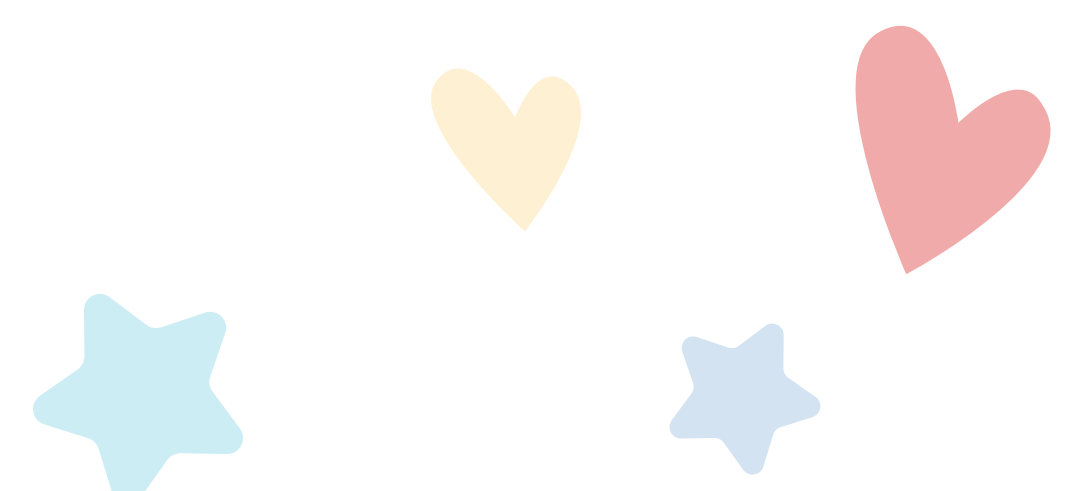
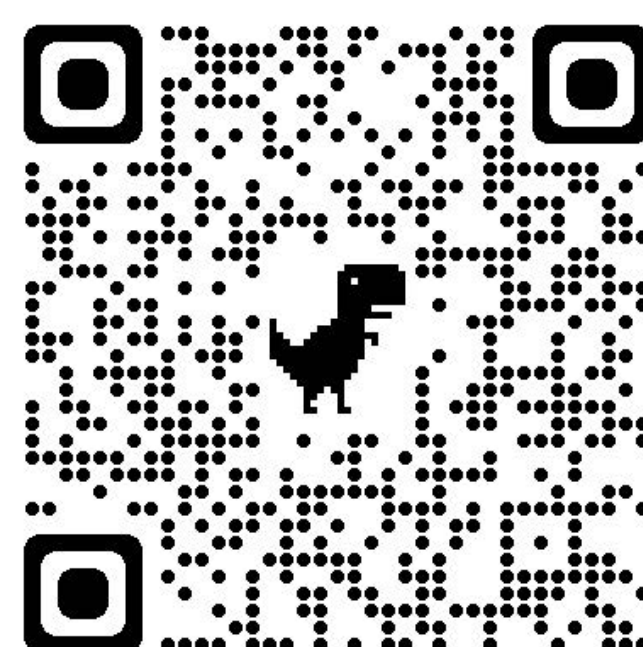
Feeding your baby

Breastfeeding is the healthiest way to feed your baby and is proven to lower the risk of Sudden Infant Death Syndrome (SIDS).

The Integrated Specialist Public Health Nursing Service (ISPHNS) in the East Riding and the Hull 0-19 Integrated Public Health Nursing Service (IPHNS) also provide support for all mothers and babies, whether breast fed or bottle fed.

We aim to ensure every baby has the best start in life.

Contact your local health visitor, midwife, or children's centre for feeding support. You can find the health visitor contact details in your red book. For more information on feeding and caring for your baby please visit our breastfeeding support webpage





Congratulations

We understand that becoming a parent can be challenging. There's so much information to take in, and quite often, it can feel overwhelming. We've created this simple, informative card to refresh your knowledge on the importance of Safer Sleep with your newborn and how best to make sure your child is well taken care of at all times of day and night.

When having a baby, the support around you can be invaluable. However, quite often the people in your life have not attended the same meetings and appointments as you, and it can be tough to keep them informed. This card acts as a tool to bridge that gap, and keep all caregivers in-the-know of the latest safer sleep good practices.



Once you have read the card yourself, pass it around your family and friends to spread the word.

Don't forget your red book! This is a vital reference tool, it is recommended that you take this to all appointments and vaccinations to keep track of your child's health.



Never sleep on the sofa or armchair with your baby. The risk of Sudden Infant Death Syndrome (SIDS) is 50 times higher in these circumstances.

Carrying and car seats



Use a car seat at all times; one which conforms to safety standards.



If possible, travel in the back of the car with your baby.



Check on your baby regularly. If they change their position or slump forward, stop in a safe place immediately and sit them upright before continuing your journey.



Don't travel for long durations with your baby. If this is unavoidable, stop for regular breaks and take your baby out of the seat once you have parked safely.



Don't let your baby sleep in a car seat for longer than is necessary.



Don't wrap your child in many layers. Babies who get too hot are at a greater risk of SIDS.



To identify whether or not your car seat is suitable for your baby, check the seat for the 'E' mark label.



The best way to check your baby isn't getting too hot is to feel their tummy or back of their neck. If their skin feels clammy or sweaty, they are too hot.

If your baby shows signs of being significantly unwell you should seek medical advice by contacting NHS 111 or your GP.

For further advice and support, please visit [humberisphn.nhs.uk](https://www.humberisphn.nhs.uk)

Share this card with anyone that may benefit from this advice.