

HOW TO SLEEP YOUR BABY MORE SAFELY

Hillingdon CDOP has recently dealt with 2 cases of SIDS (sudden infant death syndrome) commonly known as cot death. In both of these very sad cases, the babies either overheated or were not placed in a cot/ Moses basket to sleep. **DON'T TAKE THE RISK...** follow this advice from The Lullaby Trust <https://www.lullabytrust.org.uk/safer-sleep-advice/> On 'How to sleep your baby more safely'



Zzz - **ALWAYS** place your baby on their back to sleep, not on their front or side, unless your doctor has advised you of a medical reason to do so.

Zzz - The **SAFEST** place for your baby to sleep for the first 6 months is in a separate cot or Moses basket in the same room as you.

Zzz - **NEVER** sleep on a sofa or in an armchair with your baby. A study has found that approximately one-sixth of infants in England and Wales who died of SIDS were found sleeping with an adult on a sofa.

Zzz - A room temperature of 16-20 degrees C with light bedding is comfortable and safe for sleeping babies.

A CLEAR COT IS A SAFER COT

Babies just need a few basic items for sleep : a firm flat surface and some bedding.

- **NO** pillows or duvets
- **NO** cot bumpers
- **NO** soft toys
- **NO** loose bedding
- **NO** products (such as wedges or straps) that will keep your baby in one sleeping position



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SEPSIS AWARENESS DAY - REMINDER

Thursday 29th November - Brunel University

- Who could be at risk of Sepsis
- Recognising Sepsis early
- How to communicate and take prompt action
- Local strategy and guidance

Click here to book: <https://hillingdon-masterclass-sepsis-nov2018-ss.eventbrite.co.uk>