

The **safest**  
place for me to  
**sleep**...



Every **Sleep**  
**Counts**



Hampshire  
**Safe**guarding  
**Children**  
Partnership

# In the morning I wake up in my own safe cot

The safest  
place for me to  
sleep is in a cot or  
moses basket on a  
flat and firm  
surface

**This is the  
safest place for  
me to sleep, in my  
own cot or moses basket  
in the same room as my parents/carers for  
the first six months.**



Always put me to sleep flat on my back with my feet at the bottom of the cot/ moses basket for every sleep.

A room temperature of 16-20°C with light bedding or a lightweight, well-fitting baby sleep bag is comfortable and safe for me.

You should use a new firm and flat mattress that is protected by a waterproof cover.

My cot should be as clear as possible with no soft toys, cot bumpers, duvets or pillows and the cot should adhere to British Safety Standards.

Breastfeeding, if possible, can help to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Having a smoke-free household helps to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Keep pets away from my cot or moses basket even when I am not in it.

Everything you buy for me to needs to comply with British Safety Standards.

# Journeys - car seat

The safest  
place for me to  
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**I need to go in my car seat when I am being driven somewhere.**

**If I am under six weeks old please stop every 30 minutes and take me out of my car seat for a stretch. If I am older than six weeks then please take me out for a stretch every hour.**



Please make sure that my car seat is fitted properly as per the instructions; some shops offer this as a service when you buy my car seat.

If you see that I have slumped forwards in my car seat please take me out as soon as it is safe to do so as this can make it hard for me to breathe.

Car seats should only be used for when I am travelling, not for taking daytime naps or sleeping in overnight.

# Bedtime - co-sleeping

The safest  
place for me to  
sleep is in a cot or  
moses basket on a  
flat and firm  
surface



If you decide you want me to sleep in your bed or if you fall asleep with me accidentally after feeding me **be aware:**

- I find it difficult to regulate my own temperature and can easily overheat. I am more at risk of Sudden Infant Death Syndrome (SIDS) if I get too hot.
- The duvets and pillows might cover my face and stop me breathing.
- I could get rolled on by a person bigger than me or I could fall out causing a serious injury.

Please don't **EVER** fall asleep with me on any surface if you have drunk alcohol, taken drugs or medicine that might make you sleepy.

All of these risks are increased if I was born before 37 weeks or very small, or if, I am or have been unwell.

If an adult consumes alcohol and/ or a prohibited drug and causes the death of a child under three years old through suffocation, by overlaying whilst sleeping in the same bed, this is a criminal offence.

# Smoking

The safest place for me to sleep is in a cot or moses basket on a flat and firm surface



**Smoking is harmful to both of us and significantly increases the risk of Sudden Infant Death Syndrome (SIDS).**

Make sure my home is smoke-free and consider changing your clothes and washing your hands after smoking as harmful chemicals will stay on your clothes.

# Drugs and alcohol

The safest place for me to sleep is in a cot or moses basket on a flat and firm surface



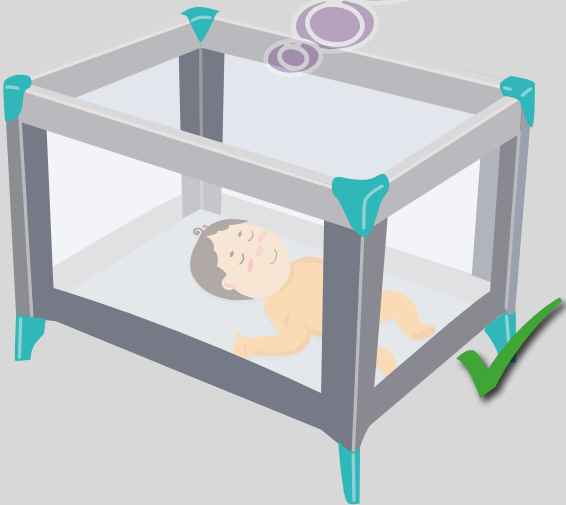
**Alcohol and illicit drugs can make you feel drowsy and impact your response to me. Some prescription and over the counter medications can also make you feel drowsy, make sure you ask your GP or pharmacist about this.**

Please make sure there is always a sober carer who can respond to me and meet my needs.

# Nap time - travel cot

A travel cot is a really great place for me to sleep when I'm not at home because the mattress is flat and firm.

The safest place for me to sleep is in a cot or Moses basket on a flat and firm surface



The travel cot mattress might be thinner than my one at home but that's okay, it's safe. Please don't put a duvet or pillows underneath it. I need a flat firm surface to sleep on.

Please remember no soft toys, cot bumpers or pillows in the cot with me just like at home.

# Nap time - makeshift bed

The safest  
place for me to  
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Airbeds are not a safe place for me to sleep, whether I am on my own or with someone else, they are soft and may move under my weight.

Sofa cushions are not safe, they are too soft and can move around and trap me.

Laying duvets or blankets anywhere for me to sleep on is not safe as I can overheat.

Foot stalls and pouffes are not safe to sleep on as they are too soft and I might fall off.

If I am sleeping in a different place or with different people, please make sure I will be put to bed safely in a cot, moses basket or travel cot.



# Nap time - sleep aid

The safest  
place for me to  
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surface



Everything you buy for me should comply with British Safety Standards.

British Safety Standards mean the product has passed safety tests for fire and durability. British Safety Standards do not test for safe sleep.

If you do buy something new, you must follow the instructions exactly. If you buy second hand items please make sure you have all of the parts and get a copy of the instructions from the manufacturer.

Sleep products are designed for specific ages/sizes. Using a product that is not suitable for my developmental stage can be very dangerous.

Just because a product is made by someone you know or sold on the high street does not make it safe.

# Nap time - sofa

The safest  
place for me to  
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**It is easy to get all cosy on the sofa where we can both easily fall asleep.**

**Falling asleep on the sofa with me increases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50 times.**

I cannot regulate my own temperature yet so I can easily overheat or fall off the edge of the sofa when you move in your sleep. There is also a risk that I might get wedged down the back of the sofa making it difficult for me to breathe.

# Remember

- Every sleep counts.
- Having a safe sleep environment for me is one of the most important things you can do.
- Keep it simple, all that is needed to create the safest sleep environment for me is a cot or Moses basket which has a flat firm surface.
- Always put me to sleep flat on my back with my feet at the bottom of the cot/Moses basket for every sleep.
- All risks are increased if I was born before 37 weeks or very small.
- If you are worried that I am unwell, follow the safe sleep advice and seek medical advice from your GP or call NHS 111. In an emergency call 999.
- I can't regulate my own temperature and can therefore overheat if I am not in an appropriate sleep environment.
- **Even one** risk factor may increase the risk of Sudden Infant Death Syndrome (SIDS) and different risk factors may apply at different times.
- Babies should sleep in the same room as you for the first six months, even during the day.
- Remember, if an adult consumes alcohol and/or a prohibited drug and causes the death of a child under three years old through suffocation, by overlaying whilst sleeping in the same bed, this is a criminal offence.

Further information and support is available through your midwife or health visitor.

If you are concerned that your baby is unwell please seek medical advice via your GP or call NHS 111.

In an emergency please call 999.



For more information on safe sleep please visit:

Lullaby Trust [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Wessex Healthier Together [www.what0-18.nhs.uk](http://www.what0-18.nhs.uk)

Basis [www.basisonline.org.uk](http://www.basisonline.org.uk)