



Giving babies the chance of a lifetime

Every year in the UK, 300 babies die suddenly and unexpectedly in their sleep as a result of Sudden Infant Death Syndrome (SIDS). While there is no advice that can guarantee the prevention of SIDS, there are a number of things parents and carers can do to reduce the risk to their baby.

Overleaf is an example of a bedroom a baby **should not sleep in. This is to act as a discussion tool for use with parents and carers.**

Babies are more at risk if parents or carers:

- smoke, or smoked during pregnancy
- drink alcohol
- use drugs
- are very tired
- use medication that can cause drowsiness, including those prescribed by a doctor and bought over the counter

Babies are also more at risk if they:

- were premature, born before 37 weeks
- are under three months old
- had a low birth weight, less than 2.5kg or 5½lb

To reduce the risks to babies, follow the dos and don'ts below:

Do

- place the baby to sleep in a cot, crib or Moses basket on a clean, firm mattress
- place the baby on their back with their feet at the end of the cot, 'feet to foot'
- remove a baby's outdoor clothing when they are inside
- keep the room temperature between 16 - 20°C when the baby is sleeping
- keep the house smoke free
- make sure anyone caring for a baby knows the dos and don'ts of safe sleeping
- try to develop a good sleep routine for babies

Recent research suggests that breastfeeding helps protect against SIDS.

Don't

- sleep with a baby in a chair or sofa
- use duvets, quilts, cot bumpers, pillows or cot drapes in a baby's cot
- put a baby to sleep in a car seat or pushchair
- allow pets into a bedroom

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