

Safer Sleep Milestones for Babies



I am ready to sleep...



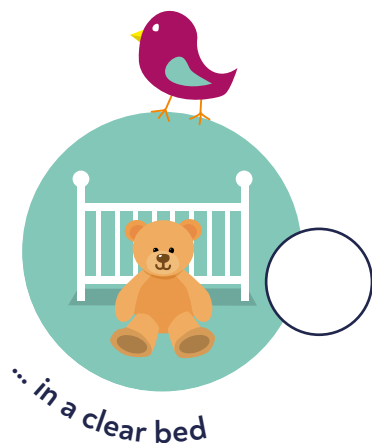
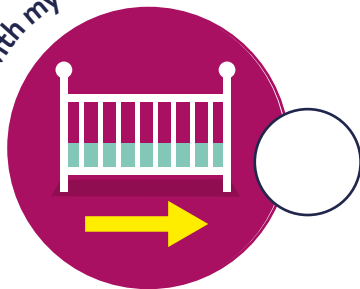
... without my hat and extra layers



... on my back

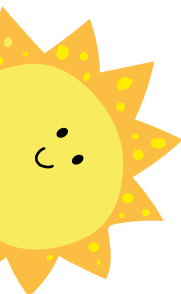


... with my bed level



... in a clear bed

... with my feet at the bottom of my bed





WHAT DO BABIES NEED WHILE THEY SLEEP?

While babies are on the neonatal unit they might be cared for in ways that don't fit with safer sleep advice. There is always a medical reason for this. All babies should follow safer sleep advice when they leave the neonatal unit, unless you have specifically been told otherwise. This helps to reduce the risk of sudden infant death syndrome or SIDS.



SLEEP ON MY BACK

Babies can keep their body temperature just right if they are on their back and not wrapped up too much. It is easier for them to keep their faces clear and away from any soft bedding, too.

KEEP MY BED FIRM AND FLAT

A 'chin-to-chest' position can be dangerous for babies, making it harder to breathe. Keeping baby on a flat surface helps their chin stay off their chest. Sometimes the baby's bed may be tilted to help with reflux, but there's no evidence to support this practice.

Sharing a bed with a baby who has spent time in the neonatal unit is not recommended and you should never sleep on a sofa with a baby.

For info about safe sleep including arrangements for twins or multiples please visit [The Lullaby Trust](#). **SCAN HERE:**



TAKE OFF MY HAT AND EXTRA LAYERS

Babies need to lose heat through their heads and wrapping them up too much can make it harder for them to stay the right temperature. It can be dangerous for a baby to get too hot.

KEEP MY BED CLEAR (take out nesting & toys)

Sleeping babies like to breathe through their noses. Tiny nostrils need to be kept away from blankets. Do not use pods, nests, pillows, hammocks, or cot bumpers in the baby's sleep space.

PUT MY FEET AT THE BOTTOM OF MY BED

Placing the baby at the bottom of the bed makes it harder for the baby to wriggle under any blankets and keeps the baby's face clear. The right sized baby sleeping bag for the baby's weight, can also help with this.



LULLABY

Babies love to hear your voice and they don't mind if you can sing in tune or not. You can sing any song you like, even your favourite pop songs can make good lullabies. Here is a lullaby to sing to your baby.

SING A RAINBOW

Red and yellow and pink and green
Purple and orange and blue
I can sing a rainbow
Sing a rainbow
Sing a rainbow too



National Institute for Health and Care Research

