

Maternity

Safe sleeping for your baby at home

Information for patients, relatives and carers

Please read this information and ask your midwife or health visitor if you have any questions.

Key points

- Place your baby on their back for every sleep.
- When using a cot or Moses basket, use a firm flat mattress with no toys, bumpers or pillows in it.
- It's safest if the cot is in the same room as you for at least the first six months.
- Always keep baby in a smoke-free environment, and away from any windows and radiators.



- ✓ baby on their back
- ✓ firm flat mattress
- ✓ feet at the end of the cot
- ✓ hat-free, so baby does not get too hot



- ✗ do not use toys
- ✗ do not use bumpers or pillows
- ✗ no loose blankets
- ✗ do not place baby on their side or front

Safe co-sleeping with your baby

The safest place for babies to sleep is in a separate sleep space such as a cot.

It is normal behaviour for babies to feed frequently during the daytime and the night-time. This often leads to interrupted sleep for parents.

We appreciate that sometimes, this means parents may fall asleep with their baby. This might be planned or unplanned. If you are very tired and think you may fall asleep too, then it is safer to feed in bed.

Please never fall asleep with your baby on a sofa or armchair. This is because sleeping on a sofa or armchair with your baby can increase the risk of sudden infant death syndrome (SIDS) by up to 50 times. This is according to the charity Lullaby Trust.

How to share a bed with your baby more safely

- keep pillows and duvets away from baby
- make sure baby cannot fall out of the bed or get trapped between the bed and the wall
- keep pets out of the bed
- do not have any other children in the bed

It is **dangerous** to share a bed with your baby if:

- anyone in the bed has recently drunk alcohol (two units or more)
- anyone in the bed smokes (not necessarily in bed, but smokes generally)
- anyone has taken medications or drugs that make them drowsy or less alert
- baby was premature (born before 37 weeks) or weighed less than 2500g (5 ½ lbs)

Thank you for taking the time to read this information.

If you have any questions, please ask your midwife, health visitor or GP.

You can get further information from:

The Lullaby Trust: www.lullabytrust.org.uk

Baby Sleep Information Source (BASIS) www.basisonline.org.uk

The UK Committee for UNICEF (UNICEF UK) Baby Friendly Initiative
www.unicef.org.uk/babyfriendly

How do I make a comment about my visit?

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Alternatively, you may wish to complain by contacting our complaints department: Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY

Email: ICHC-tr.Complaints@nhs.net Telephone: 020 3312 1337 / 1349

Alternative formats

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