

Staying away from home?

Following a **safer sleep routine** for EVERY sleep, day and night will reduce the risk of sudden infant death syndrome (SIDS). It is important that even when you are not at home you continue to follow safer sleep advice.



Place your baby on their **BACK** for every sleep



Keep them **SMOKE FREE DAY AND NIGHT**

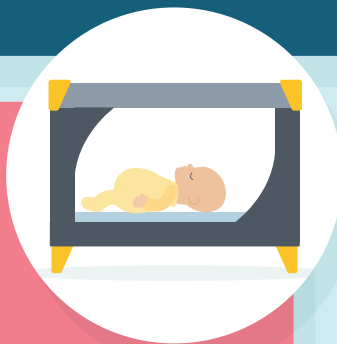


In a **CLEAR, FIRM and FLAT, SEPARATE SLEEP SPACE**



Keep the room **between 16-20°C** so they don't get too **HOT**

USING A TRAVEL COT



If you're using a travel cot:

- Use a cot with a rigid frame and base
- The mattress should be firm, flat and have a waterproof cover
- Avoid adding any extra padding under your baby
- Place the cot away from radiators and direct sunlight
- Keep out of reach of blind cords and other hazards

CO-SLEEPING



Whether you choose to co-sleep or it is unplanned, there are some key risks you should avoid. It is dangerous to fall asleep with your baby if:

- They were premature or weighed under 2.5kg or 5½ lbs when they were born
- Or if you or your partner:
 - Have recently drunk any alcohol
 - Smoked
 - Taken drugs or medication that make you drowsy or less aware

It's OK for your baby to fall asleep in a car seat when travelling, but they should be taken out as soon as you get to your destination, and placed onto a **firm, flat surface to sleep**.

If you are bedsharing with your baby consider any risks before every sleep, as they are constantly changing.

