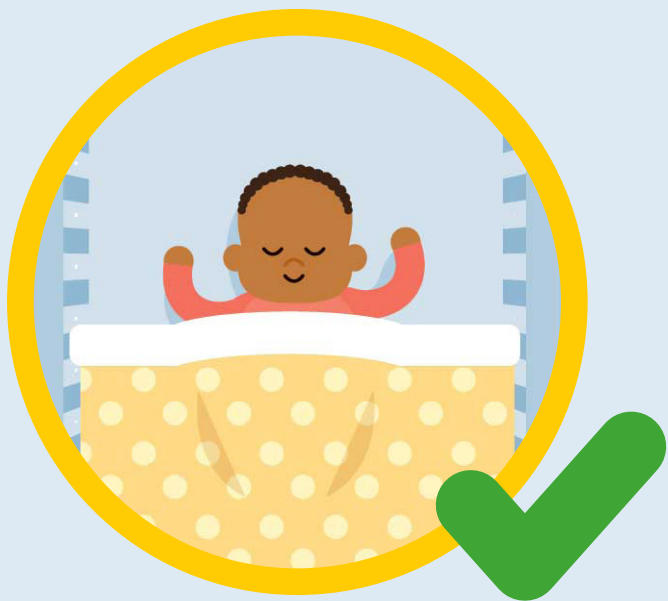


SAFER SLEEP FOR PREMATURE BABIES



Babies who are born prematurely (before 37 weeks) or who weighed less than 5.5lbs (2.5kgs) at birth have a greater chance of sudden infant death syndrome (SIDS). Breastfeeding your baby, keeping them smoke free, and following these steps will help to reduce the risk.



Back to Sleep

Always put your baby to sleep on their back, for every sleep both day and night.



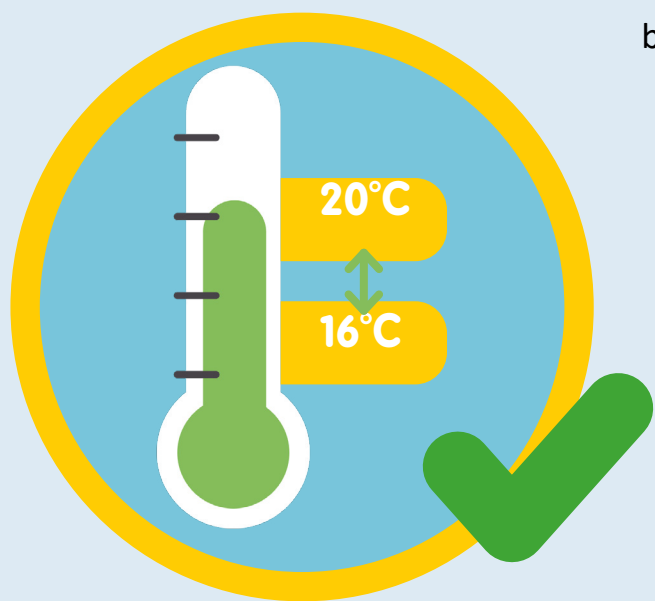
Avoid co-sleeping

It is strongly advised that you do not sleep with your premature or low birthweight baby in bed, on a sofa or in a chair as they have a significantly higher chance of SIDS. The safest place for your baby to sleep for the first 6 months is in a separate cot or Moses basket in the same room as you.



Remove hats

Once your baby comes home they should not wear a hat indoors. Hats can lead to overheating which is a risk factor for SIDS



Prevent overheating

If a baby gets too hot, their chance of SIDS can increase. Keep room temperatures between 16 and 20°C. Regularly feel your baby's chest or back of their neck and if their skin feels sweaty or clammy, remove layers of clothes or bedding.



Slings & Baby-Carriers

If you choose to use a sling or baby-carrier, make sure that you follow the TICKS* guidelines:

- ✓ Tight
- ✓ In view at all times
- ✓ Close enough to kiss
- ✓ Keep chin off the chest
- ✓ Supported back

This is to ensure that your baby's airway is kept clear, and so you can check that they are able to breathe easily and are not overheating.



Twins trust.

Royal College of Midwives

* The Consortium of UK Sling Manufacturers and Retailers