



To truly blossom...

Your baby needs to be kept in a safe environment at just the right temperature.

Babies prefer a normal room temperature of about 18°C and they should never be allowed to become too hot or too cold.

- ♥ **NEVER** smoke in rooms where your baby sleeps. Sudden Infant Death Syndrome is up to five times more likely if your baby is exposed to tobacco smoke.
- ♥ Do not sleep with your baby if you or your partner have smoked, drunk alcohol or taken drugs
- ♥ After your baby has finished feeding, put them back into their own cot to sleep. It is recommended that your baby sleeps in the same room with you for the first six months
- ♥ Don't cover your baby's head when indoors
- ♥ Place your baby on their back to sleep (not front or side) and never sleep with them on a sofa or armchair
- ♥ Place your baby in the 'feet to foot' position in their cot
- ♥ Do not use a duvet, pillows or cot bumpers for babies under one year, only use lightweight blankets

Follow the steps and help your baby blossom...

Put this thermometer near your baby's cot, out of the direct sunlight, away from a radiator, and check the temperature regularly.

Follow the golden rules on the other side and speak to your health visitor or midwife if you have any concerns about safe sleeping.

For free, friendly advice on stopping smoking contact **Dudley Stop Smoking Service** on 0800 0850 652 or visit www.dudleystopsmoking.co.uk

For more information on Safe Sleep contact the **Infant Sleep Information Source** at www.isisonline.org.uk



Dudley
Metropolitan Borough Council

NHS