NHS
Ashford and St. Peter's Hospitals
NHS Foundation Trust

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

You can use Text Relay to turn telephone communications into text.
Use the Relay UK app on your phone, tablet or PC.
You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: **www.ashfordstpeters.nhs.uk**

Patients first • Personal responsibility • Passion for excellence • Pride in our team

NHS
Ashford and St. Peter's Hospitals
NHS Foundation Trust

Safe Sleep for Baby

Postnatal Information

Patient Information

SAFER SLEEP FOR BABIES

Your newborn baby needs a lot of sleep in the first few weeks of life and making sure your baby is always safe during daytime naps and nighttime sleep is very important.

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby where no cause is found. While SIDS is rare, it can still happen and there are steps parents can take to help reduce the chance of this tragedy occurring. Although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.

THINGS YOU CAN DO

- Breast feed your baby as breast fed babies have a lower chance of SIDS
- Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months. Always place your baby on their backs to sleep, in the 'feet to the foot' of the cot position.
- Use a firm, flat, waterproof mattress in good condition

THINGS TO AVOID:

- Never sleep on a sofa or in an armchair with your baby.
- Don't sleep in the same bed as your baby if either you or your partner have drunk alcohol or taken drugs. (Including medication that may make you drowsy or tired)
- You should not share a bed with your baby if you or your partner smoke as this greatly increases the chance of SIDS even if you do not smoke in the bedroom.
- Do not smoke anywhere else at home.
- You should not share a bed with your baby if he or she was born prematurely or was of low birthweight.

Avoid letting your baby get too hot. The room should be between 16-20 degrees centigrade. Don't cover your baby's face or head while sleeping. Remove all pillows, soft bedding, cot bumpers and soft toys from the cot. Your baby should be covered with light bedding which is tucked in so that your baby can't cover his / her head.

BABIES SLEEPING ENVIRONMENT

During the day baby will also have lots of naps, having a Moses basket or carry cot downstairs/in the living room, for the first few weeks is ideal.

Your baby should never be left to sleep on the sofa or an armchair, as they can easily fall off.

During the day there are often lots of distractions that may take you away from your baby. Always make sure your baby is placed into their cot or Moses basket, while you are busy.

Be mindful of pets and make sure dogs and cats can't get into baby's cot. Never leave your baby and your cat or dog alone in the same room.

Advice including factsheets and the latest research can be found at https://www.lullabytrust.org.uk/

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can advise upon how to make a formal complaint.

Author: Sr Liz Jennis **Department:** Maternity
Version: 3 **Published:** Sep 2024 **Review:** Sep 2026