

# SAFER SLEEPING THIS WINTER

The colder months can be difficult for families, especially with the added worry of heating bills during the current cost of living crisis. Your first thought might be to wrap your baby up to keep them warm or bed share, but this can increase the chances of SIDS, also known as cot death. Follow the tips below to keep your baby safe whilst they sleep this winter.



- Do place your baby in their own clear, flat, separate sleep space, e.g. a cot or Moses basket.
- Do firmly tuck in sheets and blankets (no higher than the shoulders).
- Do choose the correct tog of sleeping bag for the different seasons.
- Do remove hats from babies' heads when inside.



- Don't use hot water bottles in any baby sleep space.
- Don't place extra blankets on top of babies in a sleeping bag.
- Don't place your baby's cot next to a heat source e.g. radiator or heater.
- Don't place your baby under adult bedding.
- Don't put your baby in outdoor clothes to sleep indoors.

