

Appendix 3 – HDUHB Information Leaflet – Babies don't Bounce

Holding your baby safely for everyone

Please make sure my neck is straight and my head is upright so I can breathe easily...



...and that you can always see my face so you can check I'm ok (and I love to be able to see you too)



If you accidentally fall asleep while feeding, staff will move your baby to the cot without disturbing your rest



Beware

- It is not safe to bed-share if your baby was born very small or preterm
- Do not sleep with your baby when you have been drinking any alcohol or taking drugs that may cause drowsiness (legal or illegal)
- Do not sleep with your baby if you or anyone else is a smoker
- Do not put yourself in a position where you could doze off with your baby on a sofa or armchair

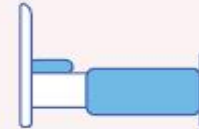
Helpful tips for safe sleeping

It is easy to fall asleep while cuddling or feeding your baby



This increases the risk of your baby falling off the bed

Lower your bed to the 'super-low' setting to reduce the risk of any injury if your baby was to fall



Try lying down rather than sitting up when holding your baby in bed



Call staff for help to move your baby to the cot when finished feeding or if you are feeling tired

Putting your baby down to sleep

To keep your baby safe and to reduce the risk of sudden infant death (sometimes called cot death) always make sure:

- You put your baby down on their back to sleep, never on their front or side
- The cot is beside your bed for at least the first six months
- The mattress is firm and flat - soft beds, bean bags and sagging mattresses are not suitable
- Your baby is not overdressed or covered with too much bedding (no more than you would use yourself)
- The bedding must not be able to cover the baby's head
- The room is not too hot (16-20 degrees is ideal)
- The room where your baby sleeps is a smoke-free zone



Sofas are not safe for sleeping babies



If you decide to share a bed with your baby

Some parents chose to sleep with their baby in bed and some fall asleep with their baby during the night while feeding and comforting - whether they intend to or not. Therefore, it is very important to consider the following points:

- Keep your baby away from the pillows
- Make sure your baby cannot fall out of bed or become trapped between mattress and wall
- Make sure the bedclothes cannot cover your baby's face or head
- don't leave your baby alone in the bed, as even very young babies can wriggle into dangerous positions

Babies don't bounce

Always sleep your baby



...on their back...



...in a clear cot or sleep space.

Following the ABC's for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.