



SAFE SLEEP

For under 2's

Best Practice Guidelines

What is best practice when putting your child down to sleep

- Safe practice
- Baby on back
- Feet at foot of cot
- Tuck bedclothes in securely (below shoulders)
- Babies clothes should be loose and light
- 1 child per cot

Do not put:

- Bibs, bottles, toys,
- Quilts, pillows, cot bumpers
- Covering of babies' heads

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Safe Bed

Only standard cots are recommended.

They should be:

- In good condition
- Of good design
- Solid and stable
- Have a recognised safety standard.

The bars should be less than 6cm apart (round) or less than 7.5 apart (flat). Otherwise the baby may trap his head, arms or legs. There should be at least 50cm between the top of the cot with no footholds in the sides, or cut outs in the ends, which could help the baby climb out.

The mattresses used should be:

- Well fitting
- Firm
- Covered with waterproof material
- Well aired and dry
- Gap between the mattress and the sides of the cot should be less than 2cm.