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| Name …………………………..  NHS No………………………...  **Safe Sleep Discussion**  **Think about Your Baby’s Safety at Each Sleep** | Prior to Discharge | First Postnatal Visit | Prior to Discharge from CMW |
| Always place your baby on their **back to sleep** |  |  |  |
| Keep your baby smoke free during pregnancy and after birth |  |  |  |
| Breastfeeding your baby reduces the risk of SIDS (cot death) |  |  |  |
| The safest place for baby to sleep is in a cot or Moses basket |  |  |  |
| For the first 6 months babies should sleep in the same room as you both in the day and at night |  |  |  |
| The mattress should be firm, flat, well fitting, waterproof and in good condition. |  |  |  |
| Make sure that baby’s face or head cannot get covered whilst sleeping- keep baby feet to foot, with blankets tucked in and no loose bedding, keep pillows, duvets, thick heavy bedding, cot bumpers and soft toys out of baby’s cot. |  |  |  |
| Don’t let baby get too hot, baby should not be overdressed or have too much bedding and the room temperature should be 16-20°C |  |  |  |
| Do not use soft beds, pods/nests, head shapers, beanbags, hammocks, sleep positioners and sagging mattresses. |  |  |  |
| **If you bring the baby into bed with you, you may fall asleep, so consider preparing your bed for your baby’s safety by:** | | | |
| Keeping your baby away from pillows and ensure the bedclothes can’t cover the baby’s face or head |  |  |  |
| Making sure your baby cannot fall out of bed or become trapped between the mattress and wall |  |  |  |
| Making sure that the baby is not between parents/siblings to avoid suffocation/overlaying |  |  |  |
| Never allowing pets in the bed |  |  |  |
| Making sure partner is aware if baby is in bed |  |  |  |
| Never leaving your baby alone in your bed, as even very young babies can wriggle into a dangerous positon |  |  |  |
| **Beware when not to bring baby into bed or fall asleep with baby** | | | |
| Don’t sleep on a sofa or armchair with your baby |  |  |  |
| Don’t sleep with your baby if you are a smoker or use e-cigarettes |  |  |  |
| Don’t sleep with your baby when you have drunk any alcohol or taken drugs/medicines that may cause drowsiness |  |  |  |
| Don’t sleep with your baby in the early months if baby was small (<2.5 kg) or preterm (<37 weeks) |  |  |  |
| Who was present at time of discussion |  |  |  |
| Date |  |  |  |
| Signature |  |  |  |

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