

## Exercise

# Safer Sleep

Look through the list below and identify which ones you think are things you should do, and which should you avoid?

	Things you should do	Things you should avoid
Place your baby on their back to sleep	<input type="checkbox"/>	<input type="checkbox"/>
Sleep on a sofa or armchair with your baby	<input type="checkbox"/>	<input type="checkbox"/>
Sleep in the same bed as your baby if they were born prematurely	<input type="checkbox"/>	<input type="checkbox"/>
Let your baby get too hot	<input type="checkbox"/>	<input type="checkbox"/>
Use a form flat waterproof mattress	<input type="checkbox"/>	<input type="checkbox"/>
Remove all pillows, cot bumpers and soft toys	<input type="checkbox"/>	<input type="checkbox"/>
Keep your baby smoke free before and after birth	<input type="checkbox"/>	<input type="checkbox"/>
Cover your baby's face or head whilst sleeping	<input type="checkbox"/>	<input type="checkbox"/>
Use loose bedding	<input type="checkbox"/>	<input type="checkbox"/>
Place your baby to sleep in a cost or Moses basket in the same room as you for the first six months	<input type="checkbox"/>	<input type="checkbox"/>
Breastfeed your baby if you can	<input type="checkbox"/>	<input type="checkbox"/>

Use the posters on the following page to work out if you answered correctly. It is important to follow the advice for all sleep periods where possible, not just at night.

## Answer Sheet

### Safer sleep for babies

#### Things you can do



- ✓ Always place your baby on their back to sleep



- ✓ Keep your baby smoke free during pregnancy and after birth



- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



- ✓ Breastfeed your baby



- ✓ 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 you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



- ✗ Avoid letting your baby get too hot
- ✗ Don't cover your baby's face or head while sleeping or use loose bedding