

## Exercise

# SAY WHAT YOU SEE

Spot eight things about the room, cot or baby that may increase the risk of Sudden Infant Death Syndrome (SIDS) and list them below.



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# SAY WHAT YOU SEE

## ANSWER SHEET

- 1 Nursery**

The baby is in his own room. The safest place for your baby to sleep for the first six months is in a cot or Moses basket in the same room as you.
- 2 Side Sleeping**

It is important that you always put your baby on their back as part of their regular sleep routine - never on their front or side.
- 3 Feet-to-Foot**

Place your baby with their feet to the foot of the cot, so they can't wriggle under the covers or you can also use a baby sleep bag.
- 4 Bedding**

The blankets in the cot are loose. It can be dangerous if your baby's head gets covered when they sleep.
- 5 Pod**

We don't recommend placing baby on a pod or nest to sleep or nap. When sleeping, babies shouldn't lie on or have anything soft around them, particularly their heads, as this can cause them to overheat and increases the risk of SIDS.
- 6 Hat**

Babies need to lose excess heat from their heads so remove hats and extra clothing as soon as you come indoors even if it means waking your baby.
- 7 Soft toy in cot**

Some items added to a cot may increase the risk of head-covering. Unnecessary items in a baby's cot can also increase the risk of accidents.
- 8 Radiator**

Babies should never sleep next to a radiator or in direct sunlight to avoid overheating.

For a bonus point, the picture also shows the use of Cot Bumpers which are not recommended as they pose a risk of an accident when your baby becomes mobile.