

SAFER SLEEPING

How to keep all babies - including multiples - safer when sleeping



Please follow our Safer Sleeping advice whenever your babies are sleeping or napping, not just at night time.



Safer sleeping for all babies

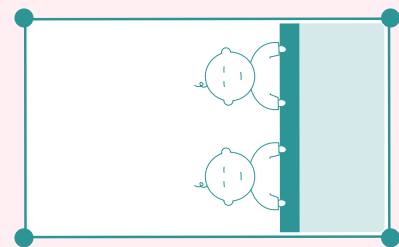
- tips for all babies including multiples -

- ✓ Keep your babies in the same room as you for the first six months.
- ✓ Always place your babies on their backs to sleep.
- ✓ Use a firm, flat, waterproof mattress in good condition.
- ✓ Always unwrap babies and remove their hats when you go from a cold to a warm place.
- ✓ Make sure the cot is free from toys, pillows and loose bedding.
- ✓ Breastfed babies have a lower risk of SIDS: www.lullabytrust.org.uk/breastfeeding

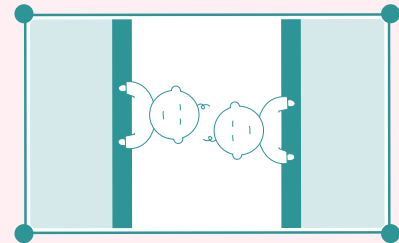
Safer sleeping for multiples

- additional tips for twins, triplets and more -

- ✓ Place your twins, triplets or more in the 'Feet to Foot' position (with their feet at the foot of the cot).



Twins in the 'Feet to Foot' position



Triplets in the 'Feet to Foot' position



Safer sleeping for **all babies**

(continued)

-  Do not smoke during pregnancy or let anyone smoke in the same room as your babies.
-  Do not share a bed with your babies if:
 - you are a smoker
 - you are excessively tired
 - you've been drinking alcohol
 - you've taken drugs
 - they were born prematurely before 37 weeks or were under 2.5kg (5.5lbs) at birth.
-  Never sleep with your babies on a sofa or an armchair.
-  Do not let your babies get too hot when sleeping - keep their heads uncovered.
-  Do not use pillows or duvets for babies under one year old.
-  Do not leave your babies unsupervised on a bed or on a sofa.

Safer sleeping for **multiples**

(continued)

-  In the early weeks, before your twins, triplets or more learn to roll they can all be placed side-by-side on their backs in the 'Feet to Foot' position.
-  Make sure each blanket is tucked in securely. Alternatively you can use infant sleeping bags.


Side by side in infant sleeping bags
-  Do not use rolled up blankets or towels etc to prop up your babies in their cot.
-  Do not co-bed multiples once one or more baby is rolling.
-  Co-bedding in a Moses basket is not recommended due to the limited space and the risk of overheating.

MORE ABOUT SLEEP FOR MULTIPLES

To find out more about sleep you may like to visit www.tamba.org.uk/parenting/first-year/sleep. Tamba also have a sleep webinar which is suitable for twelve months plus: www.tamba.org.uk/sleepwebinars.