

- If your baby sleeps under a blanket, this should be well-fitting and tucked in around/around the mattress, no higher than their shoulders. Their arms should be out of the blanket.
- The cot should be clear of toys, teddies, cot bumpers, excess blankets, etc.
- Place your baby at the bottom of their cot or Moses basket, with their feet at the bottom.
- If your baby sleeps in a sleeping bag, it should be well-fitting and used alone, not with other blankets. Ensure you get the right tog on the sleeping bag and ensure that babies head is not too small/won't slip down into the sleeping bag.
- The mattress should be flat, firm, and well fitted into the bed or cot, with a waterproof cover which can be wiped down. Soft mattresses can make your baby too hot.
- Car seats aren't designed as a safe sleeping place for a baby. It is okay for your baby to sleep in a car seat whilst travelling, but they should be moved into a cot once out of the car.
 - Whilst in the car seat, make sure your baby does not get too hot. Remove coats and instead use a blanket tucked below their arms.
- If you use a swaddle, then swaddle for all sleep, whether this is the day or the night. As soon as your baby is able to roll or is trying to roll, it is not safe to use a swaddle.
 - The material you use for swaddling should be thin and breathable, not thick or fleecy.
- Baby will not need to wear a hat, even if they wore one in hospital. This is usually just used after the birth and is not needed anymore.

