

# Safe Sleep for Early Years Care

Scottish  
**COT DEATH**  
Trust

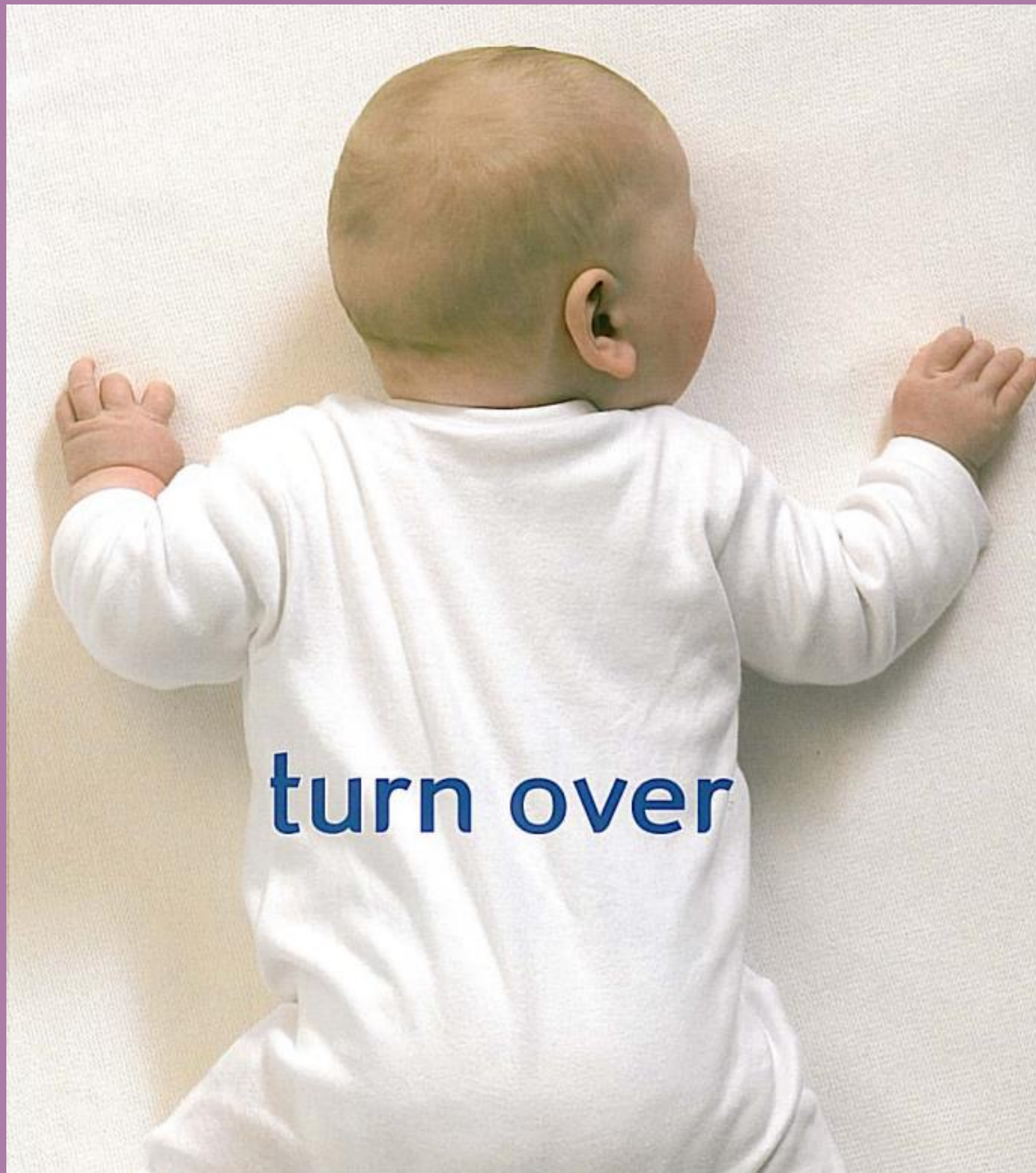


Dr Gill Burton  
Education Manager  
[gillburton@scottishcotdeathtrust.org](mailto:gillburton@scottishcotdeathtrust.org)














 Don't smoke when pregnant and keep my home and car smoke free

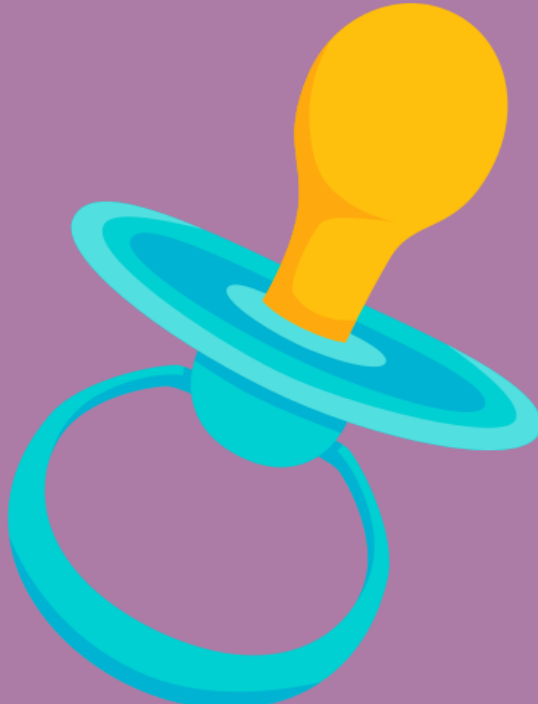


	Room Temperature	Clothing	Bedding	OR	Sleeping Bag	
28	Too hot - cool the room	Just a vest	One sheet only	OR	None	
27						
26						
25	Very Warm	Cotton Baby Grow	One blanket	OR	0.5 or 1.0 tog	
24						
23						
22						
21						
20	Comfortable 18 is ideal	Vest and Cotton Baby Grow	20 degrees - 1 blanket	OR	0.5 or 1.0 tog	
19			16 degrees - 2 blankets		2.5 tog	
18			2 blankets with 1 extra blanket that can be removed		OR	2.5 tog with 1 blanket that can be removed
17						
16						
Under 16	Too cold -warm the room	Vest and Cotton Baby Grow				



Scottish  
**COT DEATH**  
Trust







Scottish  
**COT DEATH**  
Trust





# Available resources



For the first six months, the safest place for me to sleep is in my cot in your room.



- ✓ Clear my cot
  - No teddies
  - Pillows
  - Cot bumpers
  - Just me!
- ✓ On my back to sleep
- ✓ Tuck me in with blankets under my arms
- ✓ Cover me for
- ✓ Check the room temperature when I'm asleep
- ✓ If I use a dummy or am swaddled, I need this for every sleep, day or night

For more advice and information contact us  
[www.scottishcotdeathtrust.org](http://www.scottishcotdeathtrust.org) 0141 357 3946

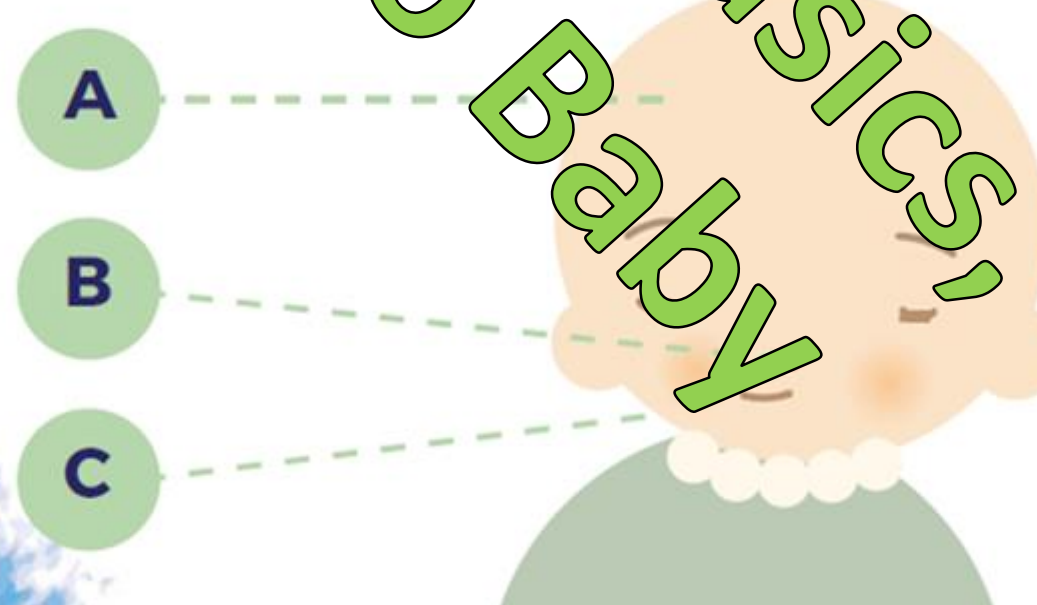
Scottish  
**COT DEATH**  
Trust

Reduce the risk by avoiding these things.

- ✗ Don't sleep when I'm on a sofa or armchair
- ✗ Never fall asleep with me on a sofa or armchair
- ✗ Avoid letting me sleep in your bed
- ✗ Don't leave me in my car seat when I am not travelling
- ✗ Don't let me sleep in my chair, owing or not. My head can roll forwards if I am not sleeping flat. Soft surfaces near my face are hazardous when I am sleeping.

There are a few things you need to know about my body when I am very young:

- A. My head is really big in proportion to the rest of me
- B. I breathe through my nose
- C. My airways are narrow



Back to Basics, Baby





Scottish  
**COT DEATH**  
Trust

