



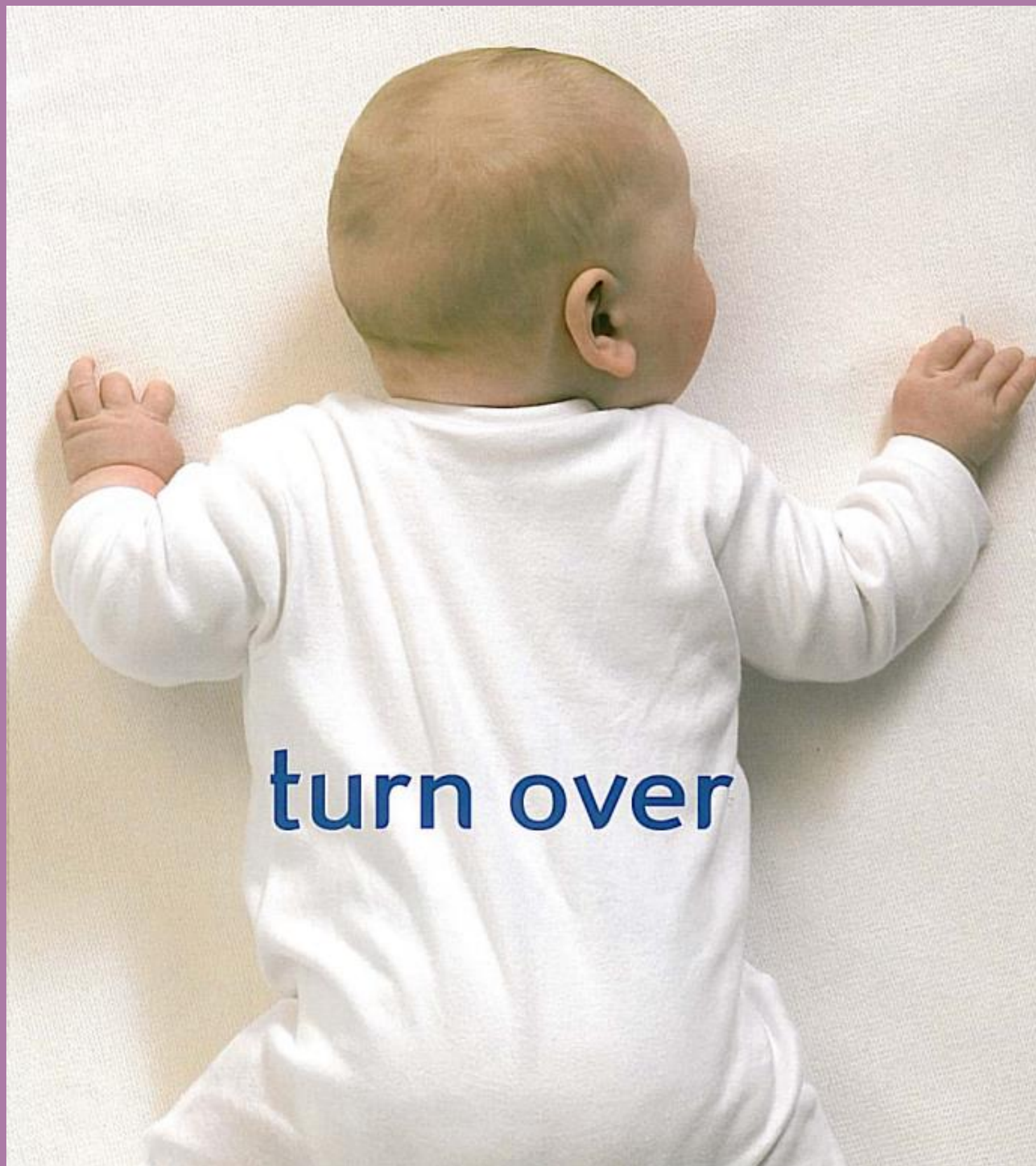
# Safe Sleep

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

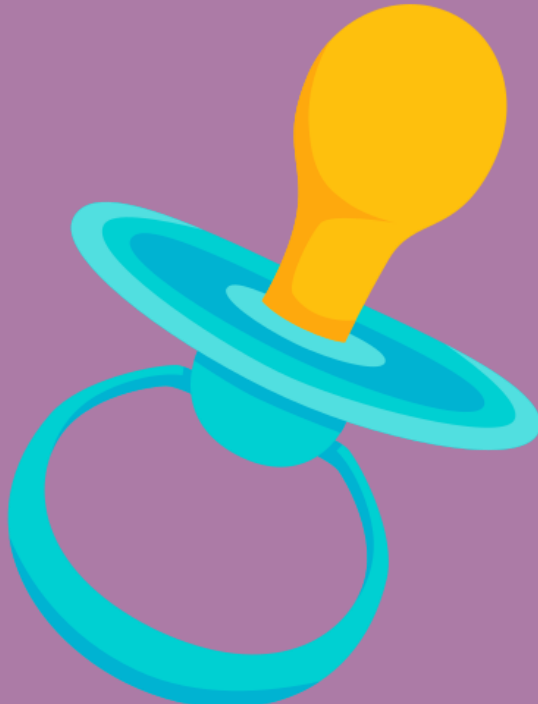


	Room Temperature	Clothing	Bedding	OR	Sleeping Bag
28	Too hot - cool the room	Just a vest	One sheet only	OR	None
27					
26					
25	Very Warm	Cotton Baby Grow	One blanket	OR	0.5 or 1.0 tog
24					
23					
22					
21					
20	Comfortable 18 is ideal	Vest and Cotton Baby Grow	20 degrees - 1 blanket	OR	0.5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



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# 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
- ✓ 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

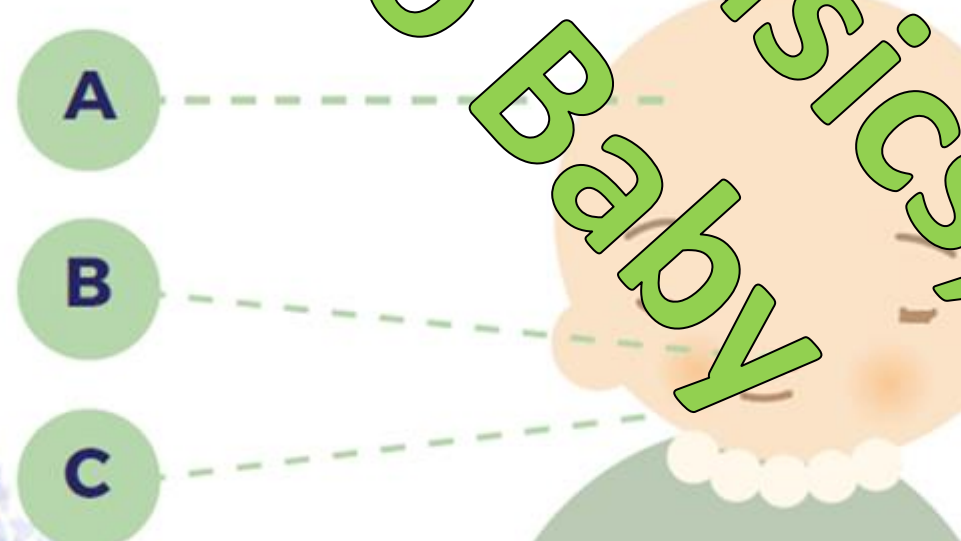
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Reduce the risk by avoiding these things.

- ✗ Don't sleep when I'm on a sofa or armchair. My head can fall forwards if I'm not sleeping flat. Soft surfaces near my face are hazardous when I'm sleeping.
- ✗ 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



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