



SAFER SLEEP IN WINTER





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We know that the colder months can be difficult for families.

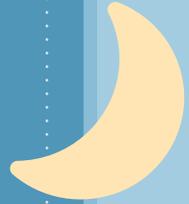
You may be worried about the costs of living, and have to make difficult choices for you and your family. Or you may be worried about paying your heating bills. You may be concerned about trying to keep your home warm, keeping draughts out and keeping your baby warm.

The recommended room temperature is 16-20 degrees, this may be difficult to maintain in the colder months. It can be tempting to wrap your baby up to keep them warm, however we know that overheating a baby increases the chances of SIDS (also known as cot death). Research shows babies are better to be cooler than too hot.



THINGS TO CONSIDER

for your baby and their
sleep space during the
colder months



BEDDING FOR COTS / MOSES BASKETS



Sleep your baby in the feet-to-foot position with their feet at the bottom of the cot. Firmly tuck in sheets and blankets (no higher than the shoulders) to avoid the risk of your baby's head becoming covered by loose bedding

Babies' heads are an important way for them to lose heat if they need to so remove hats when inside



If you are using a baby sleeping bag, don't add extra blankets on top, add an extra layer of clothing or choose a higher tog sleeping bag if you feel the sleeping bag is not enough

Check the manufacturer's guidelines for the baby sleeping bag that you choose



Baby sleeping bags should be well fitted, so the baby can't wriggle down inside. Most sleeping bags are fitted according to a baby's weight, rather than age

You can choose different togs for different seasons to help keep your baby at the right temperature

If you use sheets and/or blankets we recommend using lightweight and not thick, fleecy or padded blankets or duvets. If you think your baby is cold, add an extra lightweight blanket or layer of clothing



BEDDING AND BEDSHARING

The safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket. However we know that many parents find themselves bedsharing whether they mean to or not. Therefore it's important to follow this advice. A baby sleeping bag is advisable when bedsharing

An illustration of a man and a woman in bed. The man is on the left, wearing a red and grey long-sleeved shirt and dark pants, leaning over the baby. The woman is on the right, wearing a purple top. The baby is in the center, wearing a yellow sleeping bag with a bear face on the front. The background shows a bed with blue and white striped pillows and a white blanket.

When bedsharing keep all adult bedding or any other items that could obstruct your baby's breathing or cause them to overheat, away from the baby. Don't be tempted to put your baby under adult bedding to keep them warm. A high proportion of infants who die as a result of SIDS are found with their head covered by loose bedding

An illustration of a digital thermometer showing the number 18.0. To the left of the thermometer is a white snowflake icon.

Remember that the warmth generated by an adult in the same bed as a baby may create a warmer environment, so adjust bedding and/or clothing for your baby accordingly



Follow all our other safer sleep advice to reduce the risk of SIDS.

Put babies on their **BACK** for every sleep. In a **CLEAR FLAT SLEEP SPACE**. Keep them **SMOKE FREE** day and night.

To reduce the risk of accidents, do not bring other children into bed with you if you choose to bedshare with your baby

Make sure your baby won't fall out of bed or get trapped between the mattress and the wall

Babies should never be left alone in an adult bed. If there is not an adult in bed with them then put your baby in their own separate sleep space

Adult bedding should be kept well away from your baby along with any belts or cords from clothing, keep adult bedding at your waist height and add an extra layer of clothing if you are cold



WHEN NOT TO BEDSHARE

It is important for you to know that there are some circumstances in which bedsharing with your baby can be very dangerous. You should never bedshare with your baby if any of the following apply:

Either you or your partner smokes (even if you do not smoke in the bedroom)



Either you or your partner has drunk alcohol or taken drugs (including medications that may make you drowsy)



Your baby was born premature (before 37 weeks)



Your baby was born at a low weight (2.5kg or 5½ lbs or less)



You should never sleep with your baby if any of the above points apply to you or your partner.

It's best to have another adult on hand to help with baby if you are not well, have drunk alcohol or taken drugs that make you less aware than normal

Never sleep on a sofa or armchair with your baby. This can increase the risk of SIDS by 50 times

Don't use hot water bottles in any baby sleep space (cot, crib, Moses basket or adult bed) as they can make your baby too hot

We would not advise using products like swings and baby bouncers as sleep

spaces as they are not firm and flat

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. Soft, squishy materials can get pressed against a baby's mouth and nose and interfere with breathing



WE DON'T RECOMMEND THE FOLLOWING:

COT BUMPERS

They can pose the risk of an accident to babies and toddlers. There have been a number of cases in the UK and abroad where infants have become entangled in the ties and material, or fallen from pulling themselves up on the bumpers. Don't be tempted to use them to make your baby's sleeping environment cosier

BABIES SLEEPING IN HATS, HOODS OR OUTDOOR CLOTHING

Babies lose heat through their heads so remove hats or hoods when indoors or in a car so they don't get too hot. Babies shouldn't sleep outdoors in any outdoor clothing

WEIGHTED BLANKETS

Weighted swaddles, weighted blankets and weighted sleeping bags are not recommended for babies under 1 year due to risk of overheating and head covering



PLACING YOUR BABY'S COT NEXT TO A RADIATOR OR HAVING A HEAT SOURCE, LIKE A PORTABLE HEATER, DIRECTLY AIMED AT YOUR BABY

Babies are unable to regulate their temperature so could potentially end up getting too hot and are unable to move out of the way of a heat source





Wherever your baby's sleep space is, keep it clear, keep it simple, keep it safe.

All babies are different so we recommend checking your baby's chest and/or back of their neck to make sure that their skin doesn't feel clammy or sweaty to the touch (their hands and feet will always feel cold to touch.) Warm is fine, but if it feels sweaty or clammy it means they are too hot so remove a layer of bedding or clothing.

Babies who are unwell need fewer, not more layers.



Always seek medical advice if you are worried about your baby. We have a baby check app which feature 19 simple checks that you can do if your baby is showing signs of illness. Each check tests for a different symptom and when completed, a score is calculated that tells you how ill their baby is. The app then lets you know whether your baby needs to see a doctor or other health professional



[Click here for more information about our Baby Check app.](#)

EXTERNAL LINKS

If you are worried about or struggling to pay your bills do seek help, the following may be able to help:

- **National debt helpline**
- **Stepchange**



If you are worried about feeding your family contact the **Trussell Trust** to find out more about how they can support you.

There may also be local initiatives or community groups who can help with clothing and equipment for babies or help with school uniform for older children so do check this out too. **Little Village** <https://littlevillagehq.org/>

@lullabytrust



www.lullabytrust.org.uk

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We have access to translation services

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