



Warwickshire Safeguarding

## If using a sling, follow the T.I.C.K.S acronym:

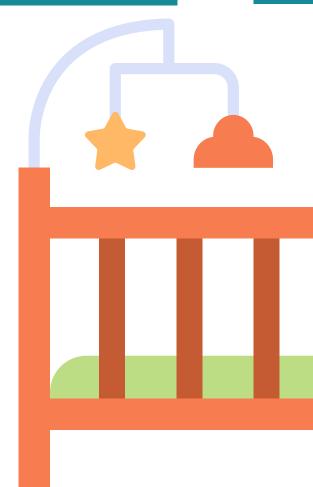
- Tight
- In view at all times
- Close enough to kiss
- Keep chin off the chest
- Supported back

## **Safe Sleep Advice Quick Reference Card**

To avoid accidents, remove all pillows, soft bedding, cot bumpers and soft toys from the cot – an empty cot is a safe cot

**Never leave their baby** alone in the bed, as even very young babies can wriggle into a dangerous position.

Never sleep on a sofa or in an armchair with your baby - this increases risks of accidental suffocation



Put babies on their **BACK** for every sleep

In a CLEAR, **FLAT SLEEP** SPACE

**Keep them SMOKE FREE** day and night

## Don't sleep in the same bed as your baby if you:

- Smoke
- Have drunk alcohol
- Have taken drugs
- Are extremely tired
- Your baby was born prematurely
- Your baby was of low birthweight

Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months

Don't cover your baby's face or head while sleeping or use loose bedding. A high proportion of infants who die as a result of **Sudden Unexpected Death in** Infants are found with their head covered by loose bedding

Use a firm, flat, waterproof mattress in good condition Avoid letting your baby get too hot

**Breastfeed** your baby, if you can



