



Safe Sleeping when your baby is unwell

When your baby is unwell their usual sleep pattern may be disturbed and it can be exhausting for you and your baby.

It is important to continue to follow the latest safe sleep guidance even when your baby is sick to reduce the chances of sudden infant death syndrome.

Safe sleep tips:

- Always place your baby on their back to sleep
- Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first six months
- Use a firm, flat, waterproof mattress in good condition
- Don't cover your baby's head or face while sleeping, and avoid loose bedding
- Avoid letting your baby get too hot
- Keep the room where your baby sleeps a smoke free zone



Comforting your baby

Many infants like to be kept close and held when they are unwell, so be careful never to fall asleep with your baby on a sofa or armchair.

If you think you may fall asleep, move somewhere safer such as the bedroom and make sure your baby is on their back in a clear, safe space free from bedding.

Feeding your baby

Breastfeeding your baby is a great way for them to get all the nutrition they need for their first six months and it protects them against infections and diseases too. When babies are unwell they will feed little and often so try to plan feeds and rest time for you both as much as you can.

Find out more about infant feeding at childrenshealthsurrey.nhs.uk/services/infantfeeding



To find out more about safe sleeping talk to your midwife or health visitor, or visit www.lullabytrust.org.uk

Sharing your bed with your baby

If you choose to bed-share, or if you think you may fall asleep when you are feeding your baby in bed, follow these tips:

- Make sure your baby can't fall out of bed or get trapped between the mattress and the wall
- Keep pillows and adult bedding away from your baby
- Make sure your baby doesn't overheat, the room should be 16-20°C
- Do not have other children sharing the bed
- Don't leave your baby alone in the bed as they may wiggle into a dangerous position



Never bed share with your baby if:

- You or anyone in the bed has recently drunk alcohol
- You or anyone in the bed smokes
- You or anyone in the bed has taken drugs that make you feel sleepy
- Your baby was born very small (under 2.5kgs or 5½ lbs) or was born prematurely (before 37 weeks)

We understand that this can be a very stressful time for parents and families and we are here to help. You can call the Children and Family Health Surrey 0-19 Advice Line on 01883 340922, 8am – 5pm Mon to Fri, exc Bank Holidays

If you are worried about your baby's health contact the 0-19 Advice Line (details as above), your GP or call NHS 111 or go online to www.111.nhs.uk