



# SAFER SLEEP IN WINTER





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

**You may have to make difficult decisions between heating or eating. Or you may be worried about paying your heating bills. You may be concerned about trying to keep your home warm, keeping drafts out and keeping your baby warm.**

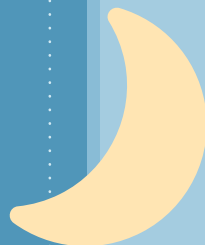
Whilst we understand it can be tempting to wrap your baby up to keep them warm, we know that overheating a baby increases the chances of SIDS. Research shows babies are better to be cooler rather than overheated, so do bear that in mind.





# THINGS TO CONSIDER

for your baby and their sleep space during the colder months



1

## BEDDING FOR COTS / MOSES BASKETS

If you are using sheets or blankets, use layers rather than thick, padded blankets or a duvet. Duvets should not be used for babies under 12 months. If you think your baby is cold, add an extra blanket or layer of clothing to your baby



2



Sheets and blankets should be firmly tucked in (not higher than the shoulders) to avoid the risk of your baby's head becoming covered by loose bedding. Babies' heads are an important way of them losing heat to prevent them from becoming overheated



If you are using a baby sleeping bag, do not be tempted to add extra blankets on top of this. Choose a different tog for the different seasons. If you think your baby is cold add an extra layer of clothing

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



**The safest place for a baby to sleep in is a clear, safe sleep space in the same room as you for day time and night time sleeps.**

## BEDDING AND BEDSHARING

We don't recommend loose bedding so a baby sleeping bag is advisable when bedsharing. A high proportion of infants who die as a result of SIDS are found with their head covered by loose bedding

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

Keep all adult bedding or any other items that could obstruct your baby's breathing or cause them to overheat, away from the baby when bedsharing. Don't be tempted to sleep your baby under adult bedding to keep them warm. 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



Follow all of our other safer sleep advice to reduce the risk of SIDS such as sleeping baby on their back



Avoid letting pets or other children in the bed with your baby

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





## WHEN **NOT** TO CO-SLEEP

It is important for you to know that there are some circumstances in which co-sleeping with your baby can be very dangerous. If:

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 together with your baby if any of the above points apply to you or your partner.**

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 it can make your baby too hot



We know from research that the safest place to sleep your baby is always going to be on an entirely flat, firm surface, with no soft or thick padding or bedding around them. Anything with raised sides or cushioned areas might pose a risk if a baby wriggles into a position where it stops the baby from being able to breathe properly or their face becomes covered. It can also lead to overheating.



## 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 babies 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 overheat. Remember babies don't need to sleep indoors in any outdoor clothing such as padded pram or snow suits.

### WEIGHTED BLANKETS

We don't recommend weighted blankets for babies as they have a high tog rating which can increase the risk of overheating. Weighted blankets may also restrict a baby (either breathing or positioning).



### PLACING YOUR BABY'S COT NEXT TO A RADIATOR OR HAVING A HEAT SOURCE 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 parents can do if their baby is showing signs of illness. Each check tests for a different symptom and when completed, a score is calculated that tells parents or carers how ill their baby is. The app then lets parents know whether their 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 for babies or help with school uniform for older children so do check this out too.



@lullabytrust



[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

T: 020 7802 3200

Information line: 0808 802 6869

We have access to translation services

The Lullaby Trust,  
CAN Mezzanine, Borough 7-14 Great  
Dover Street London, SE1 4YR

Registered Charity No: 262191

