

Engelse vertaling uit het Nederlands van: "Slaap, kindje, slaap ... zeven actiepunten voor een veilige slaap!"

## **Core Messages Safe Sleeping for Babies**

- **Always lay your baby to sleep on his/her back**

The safest sleeping position for your baby is on his/her back. If placed on his/her side the baby can roll over onto his/her tummy and this may hinder the baby's breathing; this also increases the risk of cot death.

- You can prevent your baby rolling over by using a sleeping bag.
- When your baby is awake put it on his/her tummy to allow it to play and watch what is going on around him/her.

- **Avoid smoking and passive smoking**

Passive smoking is very dangerous for your baby. In addition to a heightened risk of cot death during the first year of life it will also be more susceptible to colds, bronchitis and ear infections and be at greater risk of developing asthma.

- **Regularly check on your sleeping baby and make sure he/she is close to you**

Babies of up to 6 months, and preferably up to 1 year old, should always sleep in the same room as you are: the living room, nursery, bedroom, ... in order to ensure regular and direct supervision. At night, babies should sleep as close to their parents' bed as possible, yet still in their own cot.

- A baby phone is not enough.
- Sleeping together with your child in your bed or on the settee is not a safe option.
- After a crying fit always check on how your child has fallen asleep. Special supervision is also required when your child falls asleep in his/her playpen.
- Monitoring the breathing movements of your child gives you a false sense of security.

- **Make sure your child isn't too warm**

Make sure your child isn't too warm, a temperature between 18° and 20° is ideal. Pay special attention to the combination clothing, bedding and room temperature. Make sure the child's head and face are never covered up.

- **Use a safe bed or a safe cot and safe bedclothes**

A safe bed or safe cot has lateral sides with an open structure. A firm and adequately thick mattress must fit in closely with the edges of the bed. Travel cots are not suitable for daily use.

Avoid any material:

- that reduces the air circulation, like bed edge protectors, mattress covers, canopy bed, etc.
- that is too warm for your child, like warm clothes, bedding, etc.
- that can cover your child's face, like large soft toys, pets, etc.
- that could cause your child to choke, a dummy, dummy chain, bows, ribbons, etc.

- **Never give your child a drug that will influence the sleep-wake mechanisms**

Avoid using syrups or drops with soporific constituents as they will make your child sleep too heavily. Never use medicines without having consulted your attending physician.

- **Make sure your child has enough rest and regularity**

Any sudden change in the child's environment (loud visitors, move, first stay with the childminder, etc.) will easily disturb your baby. A change in the sleeping pattern is a risk factor for cot death. Make sure your baby has enough rest and regularity. The development of a sleeping pattern is essential.