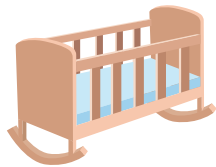


For **safer sleep** you **don't**
need to **buy lots** of products **Or**
spend more on expensive items.

Just the 5 "B's"!



Bed

A cot or moses basket with a firm flat waterproof mattress is recommended. Baby will need to sleep on their back and with their feet to the foot of their bed (a cot or moses basket).

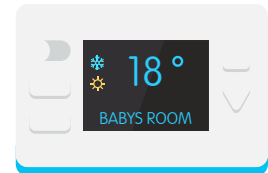
Remember to keep their sleep space clear of teddies, pillows and cot bumpers.



Bedding

Baby sleeping bags are a good option to ensure they don't wriggle under bedding.

Remember if using blankets to tuck them in.



Body Temperature

A thermometer is useful in baby's room. Aim between 16°C and 20°C.

Remember that doubling over blankets makes them twice as warm and can lead to overheating.



Buggy

Pushchairs should follow the same sleeping rules, babies are safest sleeping flat and on their backs. Like all places where your baby may go to sleep, make sure the base of the pram is firm, flat and not tilted.

Remember don't put material or a blanket over their face or on top of the pushchair to keep out light.



Baby seats

Babies should not sleep in car seats for long periods of time. Ensure breaks are factored in for long journeys and have an adult keeping an eye on baby by sitting in the back of the car or using a mirror.

Remember they should be taken out of the car seat as soon as you get to your destination.

Keeping babies safer in the Black Country designed and developed by Dudley Council Public Health endorsed by Black Country CDOP

For more information go to <https://www.lullabytrust.org.uk/>

