

baby days...baby days...baby days...baby days...

child...baby days

Keep your baby safe from

COT DEATH

campaigners advice is to let baby



Baby Safety Week was held from May 8-14 and the message to parents is to let their baby sleep on their back but play on the front. The Foundation for the Study of Infant Deaths provides parents with information on how to avoid the tragedy of Sudden Infant Death – more commonly known as cot death.

Sarah-Jane Leatherland, Modern Matron Safeguarding Children at Northampton General Hospital said: "In the UK a baby dies every day from Sudden Infant Death. "In Northampton we have approximately four or five deaths each year, and that is from the Northampton and South Northants area.

"We have stopped calling it cot death because it is misleading," she explained.

"Babies do not necessarily die in their cot – they can be in their pram or in their car seat or they can be in somebody's arms.

"It is also not necessarily going to happen in the middle of the night either – it can be in morning or afternoon."

There are now lots of ways you

can reduce the chance of Sudden Infant Death.

They are-

- ★ Place your baby on the back to sleep
- ★ Cut smoking in pregnancy – fathers too!
- ★ Do not let anyone smoke in the same room as your baby
- ★ Never sleep on a sofa with your baby.
- ★ Do you let your baby get too hot. Make sure they are not sleeping next to a radiator, or in direct sunlight. The room should be 16-20 °C. Buy a room thermometer.
- ★ Keep baby's head uncovered indoors
- ★ Place your baby in the 'feet to foot' position – this involves placing baby in the cot with his or her foot at the foot of the cot – so he or she can't slip down. Bedclothes should not go above shoulders.
- ★ Don't share a bed with your baby – there is a risk you might roll over in your sleep and suffocate your baby or your baby could get caught between the wall and the bed or roll out and get injured.
- ★ Don't share a bed with your

baby if you or your partner have been drinking alcohol

- ★ Don't share a bed with your baby if you or your partner are very tired
 - ★ Don't share a bed with your baby if you or your partner are taking drugs or medication
 - ★ Don't share a bed with your baby if you or your partner are smokers.
 - ★ If your baby is unwell, seek advice promptly
- Sarah-Jane added: "The safest place for a baby to sleep is in a cot in their parents room for the first six months. The risk of sudden infant death in babies over six months is extremely low." The awareness campaign has focused on encouraging people to place their babies on the front to play as this helps to avoid flat head syndrome that sometimes baby suffer if they spend a lot of time lying on their back. Also babies who play on their fronts will gain strength in their necks.

If you have any queries about or would like further information
call 01604 544673