

Summer tips for keeping your baby safe



The safest place for your baby to sleep is on their back in a cot in your room



A joint initiative between Bolton, Salford and Wigan Safeguarding Children Boards

Bed sharing with your baby if you smoke or have been drinking alcohol increases the risk of **sudden infant death.**

To find out more visit www.lullabytrust.org.uk or speak to your midwife or health visitor.

Summer season and thinking about sleep safe for your baby

Summertime is here. Here are a few things to think about.

Warm weather:

- With warmer weather, and on holiday abroad, it is important that baby does not get too hot during sleep. Ideally, the room should be at a comfortable temperature (18C / 65F).
- If it is very warm, your baby may not need any bed covers other than a sheet.
- If your baby is sweating or their tummy feels hot to the touch, take off some of the bedding or clothing. Don't worry if your baby's hands or feet feel cool, this is normal.
- Babies lose excess heat from their heads and face, so it is important their heads are not covered by bed covers during sleep periods.
- Do not leave your baby asleep in the car – even on a cooler day, the temperature can rise very quickly.

Sun safe:

- Keep babies under the age of 6 months out of direct sunlight and use a sunblock. It is important to keep babies covered wearing long sleeved cool clothing, and is especially important to stay out of the sun between 12 and 2pm.
- A sunhat is recommended when your baby goes out, but you should take it off as soon as you come indoors, or into a warm car, bus or train, even if it means waking your baby.
- When it is hot, your baby will need more to drink. You can breastfeed more often, or if your baby is not breastfed, you can give cooled boiled water as well as their usual feeds.
- You may need to use bottled water if the local water abroad is not safe.
- Vitamin D is important for your baby; please speak to your health visitor about vitamin D for you and your baby.



For more information on keeping your baby safe in hot weather visit: www.nhs.uk/chq/pages/1955.aspx

The safest place for your baby to sleep is in a cot in a room with you for the first six months.

Never sleep with a baby on a sofa or armchair.

Keep baby away from smoke, before and after birth. Babies who are exposed to cigarette smoke have a greater risk of cot death.

Summer parties and holidays

Parties and BBQs

- It is not safe to drink when you are caring for your baby and you should never get drunk. If you are planning to drink alcohol, ask someone else to help care for your baby. That person should not drink alcohol, or take drugs as they should remain sober and sensible. Remember: some medications may also make you drowsy.
- Never fall asleep with your baby after drinking or taking drugs / medication.
- Do not let anyone smoke near your baby.
- Keep your baby away from BBQ smoke.
- If your baby has a regular routine, try and keep to this.
- When you leave your child with a babysitter always choose an appropriate adult to babysit, leave contact details, explain babies sleeping routine and always return home at the agreed time.

Holidays and Days Out

- Always use sunblock and re-apply every 2 hours.
- Make sure your baby's routine immunisations are up to date, especially if you are travelling abroad.
- If you are going away on holiday, plan where your baby will sleep. Cot mattresses should be clean and dry with no tears, cracks or holes. Check beforehand with the travel operator or hotel. Consider whether you could take your own.
- If flying, always consider using a carrycot. Some airlines provide them free of charge.
- Remember, the safest place for your baby to sleep for the first six months is in a cot in the same room with you.
- Try to keep to a similar routine that your baby is used to.
- Car seats are not designed for babies to sleep in for long periods. When baby is travelling in a car seat, make sure you take them out for a break. You should also make sure an adult can see the baby when they are travelling in their car seat and use a window sun shade.

Feeding

- Breastfed babies may want to feed more frequently when it is hot or when routine is disrupted.

For more information on breastfeeding, you can phone the National Breastfeeding Helpline 0300 100 0212, open 9:30 am to 9:30 pm daily.

For making up formula feeds you should follow the instructions for safe feed preparation: www.nhs.uk/conditions/pregnancy-and-baby/pages/making-up-infant-formula.aspx or www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/4/guide_to_bottle_feeding.pdf

You may need to use bottled water if the local water abroad is not safe.

Feeding your baby at night:

It is normal and essential for your young baby to feed at night. To help get enough rest you can:

- Keep the room fairly dark.
- Keep your baby close so you hear them as they start to wake up.
- Don't talk much and keep your voice quiet.
- Put your baby down in the cot as soon as they are fed.
- Gentle rocking or soft singing can help your baby get to sleep.

Always be mindful that even if you do not intend to fall asleep whilst feeding your baby it is very easy to do so. Prepare yourself for this possibility. Some mums say they:

- Set a timer to wake them in case they fall asleep.
- Keep a dim light on.
- Make sure their baby can't fall on to the floor.
- Put the baby back into their own cot as soon as possible.
- If you would like further advice about the guidance given here, your Midwife, Health Visitor or Children's Centre worker will be able to help.

If your baby is unwell it is advised not to take them into your bed, seek medical advice promptly

- It can be difficult to judge whether an illness is more serious and requires prompt medical attention. See www.nhs.uk/conditions/pregnancy-and-baby/pages/spotting-signs-serious-illness.aspx or contact www.nhsdirect.nhs.uk
- Whilst your baby is unwell make sure they drink plenty of fluids and are not too hot. If your baby sleeps a lot, wake them regularly for a drink. If your baby is formula fed, wake them for a feed or extra drinks of cooled boiled water. A breastfed baby will need extra breastfeeds.
- If your baby is not well, consider whether your baby sitter is able to care for them, and if so make sure you tell your babysitter anything they need to know.



To find out more, visit www.lullabytrust.org.uk or speak to your Midwife or Health Visitor.