

# Don't shake your baby

It is never safe to shake an infant, no matter what their age.

Take a '10 minute timeout' if you start to feel really frustrated and angry.

If you feel you really can't cope, ask for support. The link below can help you, or talk to your GP, health visitor or local children's centre. It's ok to feel like this – lots of parents do.



[www.copingwithcrying.org.uk](http://www.copingwithcrying.org.uk) is a website to offer guidance and support to parents.

## Useful websites



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



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



[www.rospa.com](http://www.rospa.com)

## NSPCC

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

## Baby and Child First Aid

To download the App, visit the **Apple App Store** or the **Google Play Store**

## Child Safety Week is 6 June 2016

To find out more visit  
[www.childsafetyweek.org.uk](http://www.childsafetyweek.org.uk)

# Are you keeping your baby safe?



# Where did your baby sleep last night?

Every sleep counts when keeping your baby safe, including naps.



## Sharing a bed with your baby

**Sleeping with your baby can be dangerous. If your baby sleeps in bed with you, make sure you follow these steps to help keep them safe:**

- Place your baby on their back
- Keep all loose bedding, sheets and pillows clear of your baby's head
- Make sure your baby cannot fall out of bed or get trapped between the bed and the wall

### Never share a bed with your baby if:

- You or your partner have been drinking alcohol or taking drugs (including medication that can make you drowsy)
- You or your partner have been smoking
- You or your partner are overtired
- Your baby was born premature or with a low birth weight



## Risk of smoking to sleeping babies

**To keep your baby safe from smoke, always remember:**

Make sure your baby is in a smoke-free area at all times and is not around anyone who is smoking, including relatives.

### Did you know?

Even if you or your partner don't smoke in the house, your baby is at risk while they sleep if you smoke.

Research has shown that the risk of SIDS (Sudden Infant Death Syndrome) is greater in smokers than non-smokers who sleep with their baby.



## Napping on the sofa

**Ensure that you are not in a position where you and your baby could both fall asleep in an armchair or on the sofa. This is one of the most high risk sleep situations for your baby due to:**

- Getting overheated
- Getting trapped between you and the sofa
- The risk of rolling/falling off



## Sleeping in car seats

**In 2015, nationally 31 babies died due to being left in their car seats for long periods of time.**

- 15 of the deaths were caused by suffocation
- 16 were due to strangulation from straps

### Did you know?

Newborn babies and young Infants do not have the strength in their neck to lift their heads to breathe. Suffocation occurs when a baby slouches down in the car seat and their airway becomes blocked.

### You can protect your baby by:

- Making sure they don't get too hot in the car, remove their hat and any thick layers
- Making sure they do not spend more than two hours in a car seat at any time
- Checking them regularly