



# Focus on...

## Safer Sleep – babies and toddlers

### Co-sleeping

The safest place for a baby to sleep is in their own flat, separate sleeping space such as a cot or Moses basket. Keeping the cot or Moses basket next to your bed might make this easier.

**Co-sleeping with a baby is very dangerous if:**

- you or anyone in the bed has recently drunk any alcohol
- you or anyone in the bed smokes
- you or anyone in the bed has taken any drugs or medication that make you feel sleepy
- your baby was born prematurely (before 37 weeks of pregnancy) or weighed under 2.5kg or 5½ lbs when they were born

### Overheating

The recommended room temperature is 16-20 degrees.

This may be difficult to maintain in the colder months. It can be tempting to wrap a baby up to keep them warm, however we know that overheating a baby increases

### Car seats – rearward facing seat best

Car seats are designed to keep babies safe while travelling, not as a main sleeping place. Car seats should not be used as an alternative for cots or highchairs. It's okay for a baby to fall asleep while travelling, but they should be taken out as soon as you reach your destination and placed on a firm flat surface to sleep such as a cot or Moses basket.

Research into the link between car seats and SIDS (Sudden Infant Death Syndrome) found young babies may be at risk of breathing difficulties if they travel whilst sitting in an upright position for too long. If your trip involves driving for long periods of time you should stop for frequent breaks. This will allow you to check on the baby, take them out of the car seat and let them stretch and move.

### Useful links

Children's Safeguarding Assurance Partnership  
([safeguardingpartnership.org.uk](http://safeguardingpartnership.org.uk))

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

Link below to a serious case review learning brief regarding a 16 month old toddler who died in unsafe sleeping conditions.

[child-lo-learning-brief-final-051021.pdf](http://child-lo-learning-brief-final-051021.pdf)  
([lancshiresafeguarding.org.uk](http://lancshiresafeguarding.org.uk))

