

Caring for your baby at night

Night-time
breastfeeds
make more
milk!

Your baby needs you to care for them at night. It is normal and beneficial for young babies to wake for feeding, comfort, love and attention during the night.

Safer sleep for babies

The safest place for your baby to sleep is in a cot by your bed for at least the first 6 months. Keep your baby with you while they sleep, both day and night.

- ✓ Always place your baby on their back to sleep
- ✓ Keep your baby smoke free during pregnancy and after birth
- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for at least the first 6 months
- ✓ Breastfeed your baby, if you can
- ✓ Use a firm, flat, waterproof mattress in good condition



Photo courtesy of Bednest

The safest place for your baby to sleep at night is in a cot or a crib beside your bed for the first six months.

THINGS TO AVOID:

- ✗ Never sleep on a sofa or in an armchair with your baby
- ✗ Don't sleep in the same bed as your baby if you smoke, drink or take drugs or are extremely tired, if your baby was born prematurely or was of low birth-weight
- ✗ Avoid letting your baby get too hot
- ✗ Don't cover your baby's face or head while sleeping or use loose bedding

Bed sharing is especially risky if you or your partner:

- ✗ are smokers (no matter where or when you smoke and even if you never smoke in bed);
- ✗ have recently drunk alcohol
- ✗ have taken medication or drugs that make you sleep more heavily
- ✗ formula feed your baby
- ✗ feel very tired
- ✗ are particularly overweight- talk with your midwife or health visitor if you are unsure
- ✗ share the bed with older children or pets

NEVER sleep with your baby on a sofa or armchair

Please talk to your midwife or health visitor for an individual discussion about bedsharing

Want to learn more about your baby's sleep? Downloadable and printable information on how babies sleep, twins, co-sleeping, dummies, health and safety at <http://www.isisonline.org.uk/>