



early Therapy In Perinatal Stroke

Time for Bed

Time for Bed

Disclaimer

The eTIPS materials are academic research outputs and are educational in nature. The eTIPS materials are not medical advice and should not be interpreted as such. Medical advice should be taken from your doctor or healthcare provider.

The eTIPS materials are supplied “as is” with no warranties of any kind, express or implied, including any warranty of merchantability, non-infringement or fitness for a particular purpose or that they are free from any third party claims.

Newcastle University shall accept no liability in contract, tort or otherwise resulting from your use of the eTIPS materials.

eTIPS left is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License](https://creativecommons.org/licenses/by-nc-nd/4.0/).

Tips for Sharing Parent's Bedroom

In the first few months many parents choose to have their baby sleeping in their bedroom.



Place your baby on his or her back in a cot, crib or Moses basket and position this on the **LEFT** side of your bed (as viewed from the foot of the bed!) if possible.



SAFETY NOTE: See the Lullaby Trust Safer Sleep information later in this section

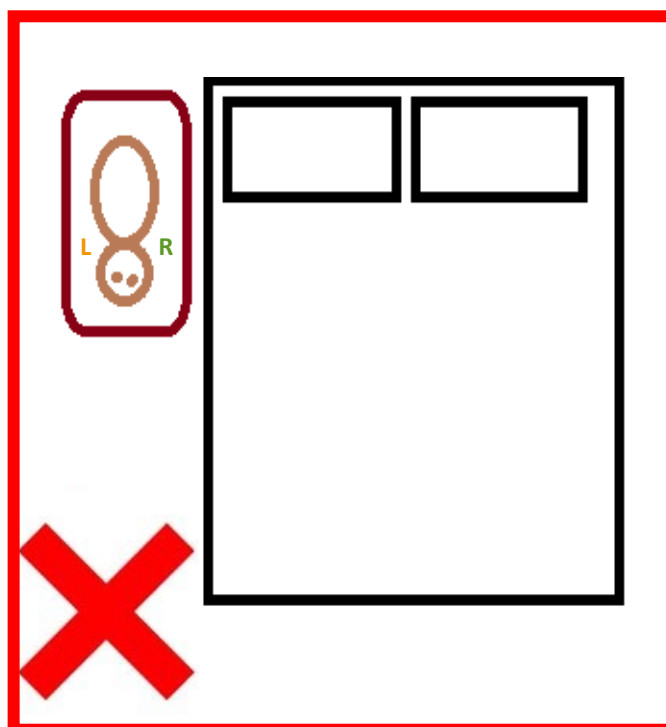
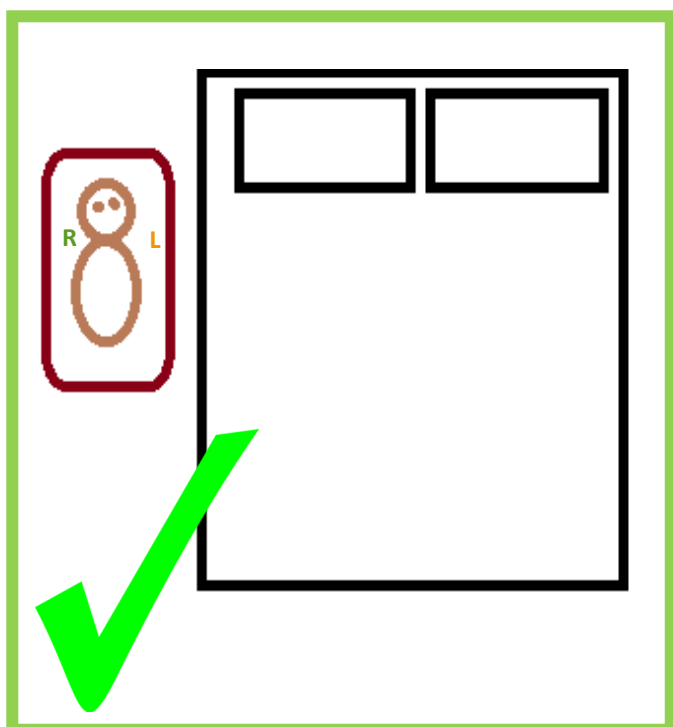
Tips for Sharing Parent's Bedroom

With the cot on the **LEFT** side of your bed you should sleep on the **LEFT** side of the bed.

(That's the **LEFT** side as you look at the bed when you are standing at the foot of the bed!)



This means that your baby's **LEFT** side is always nearest to you.



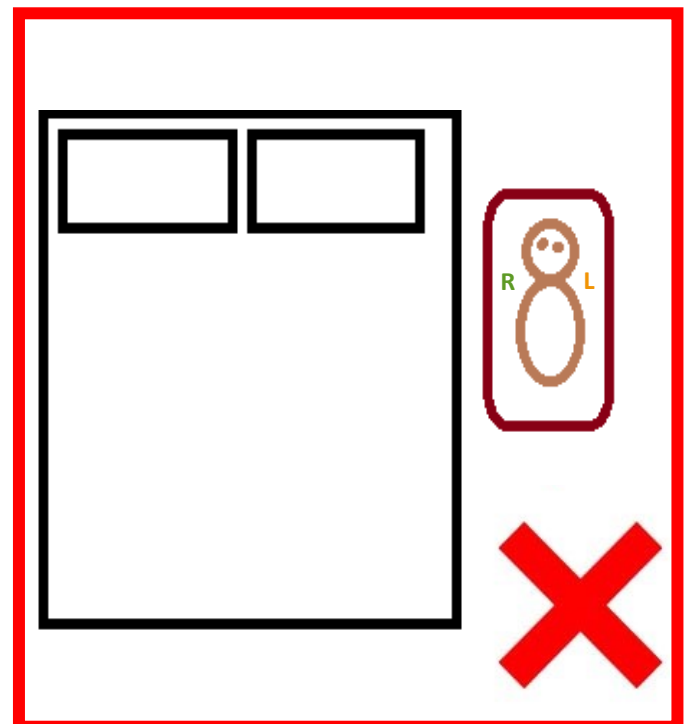
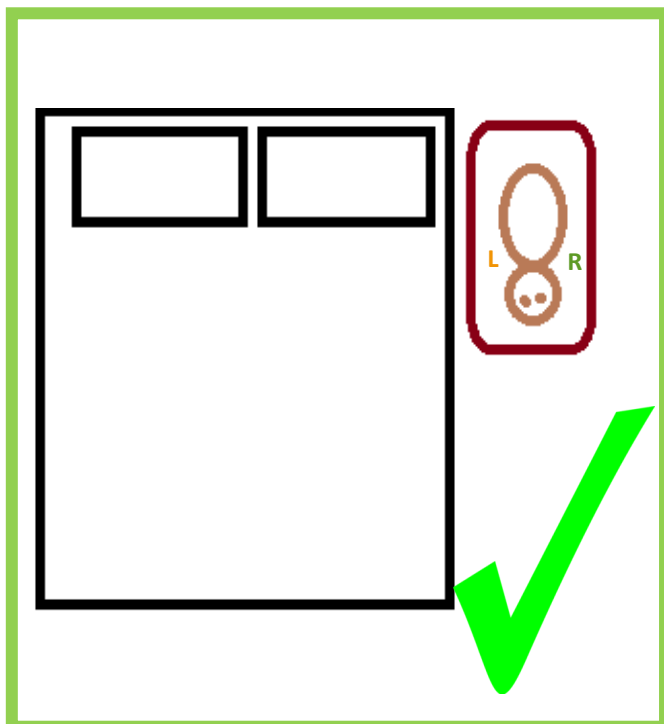
Tips for Sharing Parent's Bedroom

If you can only position the cot/crib to the **right** of the bed change position of the cot/crib instead. This means that your baby will be lying in the opposite direction to you.

You should sleep on the **right** side of the bed.

(That's the **right** side as you look at the bed when you are standing at the foot of the bed!).

This means that your baby's **LEFT** side is always nearest to you.



Safer sleep for babies

Things You Can Do:



✓ 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 the first 6 months



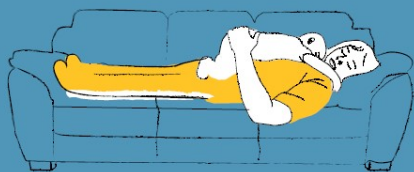
✓ Breastfeed your baby, if you can



✓ Use a firm, flat, waterproof mattress in good condition



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 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

You should follow the advice for all naps, not just for night time sleep

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.

You can also talk to your midwife or health visitor if you have any questions or concerns, or get in touch with us

Email: info@lullabytrust.org.uk

Telephone: 0808 802 6869

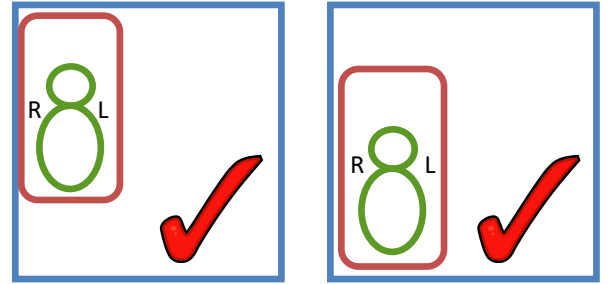
Website: www.lullabytrust.org.uk

This leaflet was produced by the Lullaby Trust. The information was last updated in March 2013. Wording approved by UNICEF UK. Registered charity no. 262191. Company registration no. 010008. Formerly The Foundation for the Study of Infant Deaths (FSID).

To learn more go to: [How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)

Tips for Baby's Nursery

Position your baby's cot so that baby's **LEFT** side is always nearest to the main area of the room.



If one side of the cot is against a wall then your baby's **right** side should be nearest to the wall.

This set up encourages your baby to turn to the **LEFT** to see things or to listen to sounds in the room whenever he or she is awake in the cot.

Your baby's feet should be near the bottom end of the cot as in this picture.

This helps to prevent him or her from wriggling under the bed covers.



In this position you will always approach the cot from your baby's **LEFT** side.

SAFETY NOTE: *Always* place your baby on his/her back to sleep
See the Lullaby Trust Safer Sleep information on previous page.
Position baby's cot away from heat sources and direct sunlight.

Tips for Cot Mobiles



If using a cot mobile, position it over the cot so that it hangs to your baby's **LEFT** side if possible, thereby encouraging him or her to look to the **LEFT** and possibly even reach out to touch it.



There are lots of different designs of mobiles but those with contrasting bright colours and those that incorporate black and white will be more visually attractive to your baby than those with pastel or pale colours.

Tips for Cot Mobiles

Some mobiles have interchangeable attachments so that you can vary the look of them regularly.



This helps to maintain your baby's interest in the mobile while he or she is lying awake in the cot.



Try to ensure that the mobile you choose is interesting when viewed by your baby from below, because not all mobiles are!

Some also incorporate mirrors which your baby will enjoy looking up into.



Tips for Cot Toys

Place any cot toys on your baby's **LEFT** side so that he or she is encouraged to turn to that side to look and to touch.

Choose toys which are specially designed for cots and attach them according to the instructions.



Cot toys with soothing music and soft lighting may help to encourage your baby to fall asleep.



Good toys to choose will feature black and white designs, bright contrasting colours and/or mirrors.



Attach just one or two toys so that your baby is not overwhelmed with things to look at.

If you have several suitable toys then change them over every few days.



This means your baby will often have something new to look at when he or she is lying awake in the cot.