

Premature babies are at increased risk of cot death



A guide for parents
10 easy steps to help reduce the risks

Scottish
COT DEATH
Trust

The Scottish Cot Death Trust working in partnership
with Bliss Scotland to help keep babies safe

Bliss
Scotland

for babies born too soon,
too small, too sick

Premature babies are four times more likely to die of cot death

1. Always place your baby on their back to sleep, even if they are still on oxygen. Babies placed on their backs are not more likely to choke.
2. At night, place your baby to sleep in a cot in your room. During the day, keep them close to you while they nap.
3. Don't smoke or allow anyone else to smoke near your baby.
4. Don't fall asleep with your baby in bed or on a sofa with you, as this significantly increases the risks of cot death.
5. Don't let your baby get too warm. In hospital, your baby may have been nursed in a warm environment. At home, you should aim to decrease room temperature gradually to between 18–20°C.
6. Lightweight blankets should be used in your baby's cot. They should be positioned no higher than the baby's shoulders and should be loosely but securely tucked in.
7. Keep your baby's head uncovered when asleep.
8. Always position your baby to sleep with their feet at the foot of the cot to prevent them wriggling under the blankets.
9. Never use bumpers, duvets or pillows for infants under 12 months.
10. Using a dummy at the start of every sleep (including daytime naps) may help to reduce the risks of cot death. If the dummy falls out during sleep, don't put it back in. Never force a baby to take a dummy and never use neck cords. Never coat the dummy in anything. Using a dummy should be stopped at 6–12 months of age (from "due date").

Cot death is relatively rare but can happen wherever a baby is sleeping. By following these 10 steps you will be helping to reduce the risks.

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