











Safer sleep week – March 2018

Date	Post	Image/video content
12 Monday March 2018	<p>The safest place for a baby to sleep is a separate cot, crib or Moses basket with a firm, flat, waterproof mattress.</p> <p>https://www.lullabytrust.org.uk/safer-sleep-advice/clear-cot/</p> <p>#safer-sleep-week</p>	<p>Think safety every sleep</p>  <p>A clear cot is a safer cot</p> <p>Unnecessary items in a baby's cot can increase the risk of accidents.</p> <p>#Safer Sleep Week</p> <p>Between 3-4 babies will die in Lincolnshire each year in an unsafe sleeping environment.</p> <p>www.lullabytrust.org.uk</p> 
13 Tuesday March 2018	<p>Evidence shows that around 30% of sudden infant deaths could be avoided if mothers didn't smoke when they were pregnant.</p> <p>https://www.lullabytrust.org.uk/safer-sleep-advice/smoking/</p> <p>#safer-sleep-week</p>	<p>Think safety every sleep</p>  <p>Smoking</p> <p>Smoking both during pregnancy and after your baby is born greatly increases the chance of Sudden Infant Death Syndrome (SIDS).</p> <p>#Safer Sleep Week</p> <p>Between 3-4 babies will die in Lincolnshire each year in an unsafe sleeping environment.</p> <p>www.lullabytrust.org.uk</p> 

<p>14 Wednesday March 2018</p>	<p>The safest place for your baby to sleep is a separate cot or Moses basket in the same room as you for the first 6 months, even during the day. https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/ #safer-sleep-week</p>	<div> <div>Think safety every sleep</div> <div>  <div> <div>#Safer Sleep Week</div> <div>Between 3-4 babies will die in Lincolnshire each year in an unsafe sleeping environment. www.lullabytrust.org.uk</div> </div> </div> <div> <div>Co-sleeping</div> <div>It is important for you to know that there are some circumstances in which bed-sharing with your baby can be very dangerous</div> <div>  </div> </div> </div>
<p>15 Thursday March 2018</p>	<p>A room temperature of 16-20°C, with light bedding or a lightweight well-fitting sleeping bag is safe for sleeping babies https://www.lullabytrust.org.uk/safer-sleep-advice/baby-room-temperature/ #safer-sleep-week</p>	<div> <div>Think safety every sleep</div> <div>  <div> <div>#Safer Sleep Week</div> <div>Between 3-4 babies will die in Lincolnshire each year in an unsafe sleeping environment. www.lullabytrust.org.uk</div> </div> </div> <div> <div>Temperature</div> <div>Research shows that the level of bedding and clothing was higher among babies who died of SIDS, than those who did not.</div> <div>  </div> </div> </div>
<p>16 Friday March 2018</p>	<p>Advice to help your baby sleep more safely https://www.lullabytrust.org.uk/professionals/publications/ #safer-sleep-week</p>	<div> <div>Safer sleep for babies</div> <div>Things you can do</div> <div> <div>  <div>✓ Always place your baby on their back to sleep</div> </div> <div>  <div>✓ Keep your baby smoke free during pregnancy and after birth</div> </div> <div>  <div>✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months</div> </div> <div>  <div>✓ Breastfeed your baby</div> </div> <div>  <div>✓ Use a firm, flat, waterproof mattress in good condition</div> </div> <div>  </div> </div> </div>