

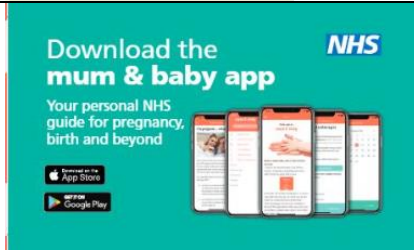





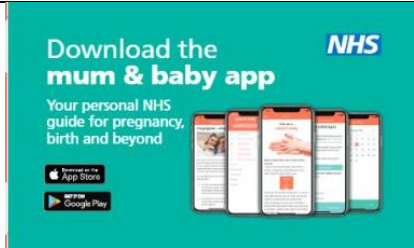







Safer Sleep for Infants Awareness 2021- Suggested Social Media Schedule

Sunday 14th March – Saturday 20th March 2021

Date	Post	Infographic No.	Infographic
14.03.21	Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. #everysleepcounts #safersleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust	13	
	Safer Sleep for Infants: Place your baby to sleep in a cot or Moses basket in the same room as you for the first 6 months, day and night. #everysleepcounts #safersleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust	1	
	Safer Sleep Week: Download the Mum and Baby and the Baby Buddy Aps available via http://bit.ly/3rjkBAK #everysleepcounts #safersleepweek	15	
15.0.21	Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. #everysleepcounts #safersleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust	13	
	Safer Sleep for Infants: Use a firm, flat, waterproof mattress in good condition. If baby is asleep in a car seat or pushchair, move them onto a firm, flat surface. #everysleepcounts #safersleepweek Find out more @ http://bit.ly/3sTYQYR @LullabyTrust	4	

	<p>14</p> <p>Safer Sleep for Infants: Do not sleep in the same bed as your baby if you smoke, drink, or take drugs, or if your baby was born prematurely or was low birth weight #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>		
16.03.21	<p>13</p> <p>Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	<p>To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:</p> <ul style="list-style-type: none"> Put them on their BACK for every sleep In a CLEAR FLAT SLEEP SPACE Keep them SMOKE FREE day and night 	
	<p>2</p> <p>Safer Sleep for Infants: Keep the sleep space clear: no pillows, quilts, duvets, soft toys or cot bumpers. #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>		
17.03.21	<p>13</p> <p>Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	<p>To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:</p> <ul style="list-style-type: none"> Put them on their BACK for every sleep In a CLEAR FLAT SLEEP SPACE Keep them SMOKE FREE day and night 	
	<p>8</p> <p>Safer Sleep for Infants: Babies should be placed on their back in the 'feet to foot' position (i.e. placing the baby's feet to the foot of the cot to avoid them wriggling down under the covers) #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>		

	<p>Safer Sleep Week: Download the Mum and Baby and the Baby Buddy Aps available via http://bit.ly/3rjkBAK #everysleepcounts #safer sleepweek</p>	15	
18.03.21	<p>Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	13	
	<p>Safer Sleep for Infants: Never sleep on a sofa or in an armchair with a baby #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	11	
	<p>Safer Sleep Week: Download the Mum and Baby and the Baby Buddy Aps available via http://bit.ly/3rjkBAK #everysleepcounts #safer sleepweek</p>	15	
19.03.21	<p>Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	13	

	<p>Safer Sleep for Infants: Don't cover your baby's face or head while sleeping or use loose bedding #everysleepcounts #safersleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	18	
	<p>Safer Sleep for Infants: Breast feeding lowers the risk of Sudden Infant Death Syndrome. #everysleepcounts #safersleepweek . Find out about breast feeding support in Lincolnshire @ http://bitly.ws/bZKh @LullabyTrust</p>	6	
20.03.21	<p>Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. #everysleepcounts #safersleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	13	<p>To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:</p> <ul style="list-style-type: none"> Put them on their BACK for every sleep In a CLEAR FLAT SLEEP SPACE Keep them SMOKE FREE day and night
	<p>Safer Sleep for Infants: Avoid letting your baby get too hot. A room temperature of 16–20°C is recommended #everysleepcounts #safersleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	8	 <p>Don't let me get too hot or too cold!</p>
	<p>Safer Sleep for Infants: If your baby is bottle fed, do not prop feed your baby #everysleepcounts #safersleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust</p>	17	