

Sudden infant death syndrome (SIDS) prevention

Practicing safe sleep

JAN YPERMAN ZIEKENHUIS

Jouw zorg
is onze zorg



Safe sleep practices for a baby

1. Lay your baby on their back



Sleeping on the tummy or side is not safe for babies. Sleeping on the back is safest, because your baby:

- can breathe freely and is less likely to choke;
- sleeps less deeply and can react more quickly to problems;
- is less likely to overheat. Heat is released through the face.

Tummy time

When your baby is awake, it is good to change positions regularly. Place your baby on their tummy from time to time (tummy time). This strengthens their muscles and helps your baby learn to turn their head better. As a result, your baby will be able to move more easily if they do end up on their tummy whilst sleeping. It also reduces the risk of a preferred sleeping position or a flattened head.

2. Keep the cot simple.



Choose a safe cot with a firm mattress and a suitable sleeping bag. Extra items in the cot often pose a risk. A dummy is allowed and can have a protective effect.

Safe cot and mattress: A safe cot has ventilated sides and a base. They ensure good air circulation, allowing your baby to breathe freely and preventing them from getting too hot. Make sure the mattress fits the cot properly. This prevents your baby from getting trapped between the cot edge and the mattress or from sliding under the mattress. There are European safety standards for beds (EN 716 – EN 113) and mattresses (EN 16890).

A suitable sleeping bag: Choose a sleeping bag with armholes so your baby cannot get trapped inside. A sleeping bag helps prevent your baby from rolling onto their tummy, makes them feel secure, and makes it harder for them to climb out of bed (as they get older).

Tip: Do not place plushies, pillows or duvets in the cot before the age of 1. You can give your baby a small comfort blanket, but make sure it does not cover their face.



3. Stay close

Let your baby sleep in the same room as you for the first 6 months. That way, you can feed, comfort and check on them quickly. Sleep in the same room, but not in the same bed.



4. Help your baby get used to new situations

Exciting experiences, such as starting nursery for the first time, can cause stress. During these periods, try to maintain your child's sleep routine and ensure they get enough sleep.



5. Ensure a healthy, smoke-free environment

- Never smoke near your child and never leave your child alone with pets.
- Ventilate your home sufficiently by opening windows and doors. This prevents harmful substances and moisture from building up.
- Ensure a safe bedroom temperature, between 15 and 18°C. If your baby sleeps indoors, a hat is not necessary.

Consult a doctor immediately if your baby:

- is under 2 months old and has a fever of over 38°C or a body temperature below 36°C;
- is unusually calm or irritable; is having difficulty breathing or groaning;
- is vomiting repeatedly or refuses to eat.

Contact

Secretariat Pediatrics

Opening hours:

Monday - Friday: 8 a.m. - 12 a.m. and 1.30 p.m. - 5 p.m.

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Follow route 50

Would you like more information about healthy sleep for babies? Speak to the nurses or visit the Kind & Gezin website at www.kindengezin.be



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Comments and/or suggestions can be sent to communicatie@yperman.net

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