



The Safe Sleep Seven – instant tips for a breastfeeding mother to sleep more soundly tonight

With the following tips, you can quickly and easily make your bed safe for your baby and also benefit from the many advantages of sleeping together. You may find the Safe Sleep Seven especially helpful if your baby has previously slept in their own bed and you got up to breastfeed. If you do the following, studies show that your baby's risk of SIDS is no greater than if they slept in their own bed. Your responsiveness as a breastfeeding mother makes it virtually impossible to roll onto your baby.



You should:

- be a non-smoker
- be sober (don't take drugs, alcohol or other consciousness-changing medication)
- breastfeed on demand

Your baby should:

- be healthy
- sleep on their back, when they're not currently breastfeeding
- not be swaddled, instead sleep in light pyjamas or a onesie

You should both:

- sleep on a safe surface

This is how you ensure a safe surface:

- your partner, siblings and animals should sleep elsewhere – especially in the first nights. Your partner and siblings can join you later.
- Clear the bed, leaving just the mattress and a sheet.
- Put your own pillow and a light cover back on the bed. (No heavy blankets or quilts!)
- Lie you baby on their back in the middle of the bed. Lay yourself down sideways next to your baby, facing the baby. Your breast should be roughly the height of their face.
- Breastfeed your baby and try to sleep :)