

SAFER SLEEPING

Twins trust.

How to keep all babies safe when sleeping - including twins, triplets and more...

Please follow our safer sleeping advice whenever your babies are sleeping or napping, **not just at night time.**

SAFER SLEEPING FOR ALL BABIES

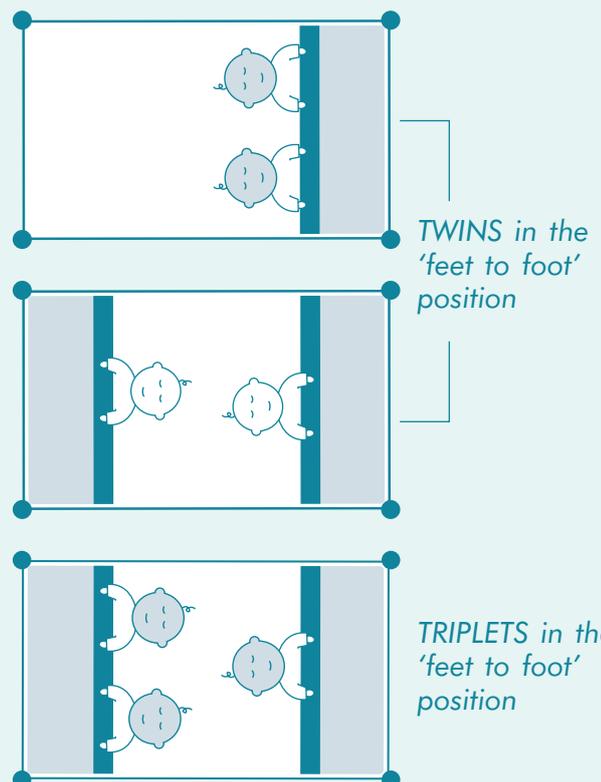
tips for all babies **including** multiples

- ✓ Keep your babies in the same room as you for the first six months.
- ✓ Always place your babies on their backs to sleep.
- ✓ Use a firm, flat, waterproof mattress in good condition.
- ✓ Always unwrap babies and remove their hats when you go from a cold to a warm place.
- ✓ Make sure the cot is free from toys, pillows and loose bedding.
- ✓ Breastfed babies have a lower risk of SIDS. For details visit: www.lullabytrust.org.uk/breastfeeding

SAFER SLEEPING FOR MULTIPLES

additional tips for twins, triplets and more

- ✓ Place your twins, triplets or more in the 'Feet to Foot' position (with their feet at the foot of the cot).



SAFER SLEEPING FOR ALL BABIES

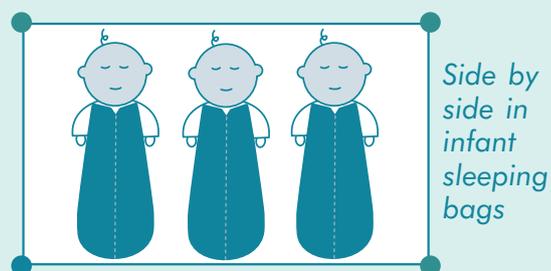
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- X** Do **NOT** smoke during pregnancy or let anyone smoke in the same room as your babies.
- X** Do **NOT** share a bed with your babies if:
 - you are a smoker
 - you are excessively tired
 - you've been drinking alcohol
 - you've taken drugs
 - they were born prematurely before 37 weeks or were under 2.5kg (5.5lbs) at birth.
- X** **NEVER** sleep with your babies on a sofa or an armchair.
- X** Do **NOT** let your babies get too hot when sleeping - keep their heads uncovered.
- X** Do **NOT** use pillows or duvets for babies under one year old.
- X** Do **NOT** leave your babies unsupervised on a bed or on a sofa.

SAFER SLEEPING FOR MULTIPLES

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- ✓** In the early weeks, before your twins, triplets or more learn to roll they can all be placed side-by-side on their backs in the 'Feet to Foot' position.
- ✓** Make sure each blanket is tucked in securely. Alternatively you can use infant sleeping bags.



- X** Do **NOT** use rolled up blankets or towels etc to prop up your babies in their cot.
- X** Do **NOT** co-bed multiples once one or more baby is rolling.
- X** Co-bedding in a Moses basket is **NOT** recommended due to the limited space and the risk of overheating.

For more information about sleep for multiples please visit the sleep section on the Twins Trust website: twinstrust.org/let-us-help/parenting/under-1s/sleep.html. Twins Trust also runs regular sleep webinars which are suitable for twelve months plus: twinstrust.org/course-listings/_course/sleep-webinar.html



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