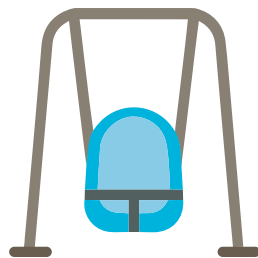


Safe sleep advice

Information for parents

Car seats, play seats, swing seats and other baby seats

- **Never** leave a baby to sleep for long periods in a car seat, play seat, swing seat or other baby seat.
- The safest place for baby to sleep day and night is lying down, back to mattress, feet to bottom of the cot on a firm, flat, breathable mattress.
- On long journeys, the advice from recent research, is to stop regularly to change baby's position (at most every 2 hours and take baby out of car seat). Check baby's back, head and neck position regularly to make sure that they are not slumped forwards.
- Premature babies and babies under 4 weeks should avoid long car journeys of more than 30 minutes.



- Preferably, someone should sit in the back of the car with baby and check baby every 30 minutes. This should be done more regularly for small and premature babies.

- Swing seats, play seats and other baby seats are not designed for sleep - they are for supervised daytime activity.

Key points to remember:

- Do not leave children unsupervised.
- Never leave children in a car seat with unbuckled or partially buckled straps.
- Car seats should never be placed on a soft or unstable surface, a table top or a high surface.
- Infants in bouncers, strollers and swings may be able to manoeuvre into positions that could compromise their airway; straps on devices may not prevent infants getting into hazardous situations.
- Ensure that infants cannot twist their heads into soft bedding or slump forward in a seat; restraints should be used according to manufacturer's instructions.
- Slings when not used as instructed can be hazardous because of their design and the ease with which an infant's airway can be collapsed. If used, a baby's face should be visible and 'kissable' at all times.
- Do not place more than one infant together in a swing meant for one infant.



For further advice and support:

Contact the **0-19 Public Health Integrated Nursing Service**,
Single Point of Access on: **0113 843 5683**

www.leedscommunityhealthcare.nhs.uk/0-19team/

 Facebook: **0-19 Public Health Integrated Nursing Service**

You can also look on www.lullabytrust.org.uk and

www.unicef.org.uk/babyfriendly/baby-friendly-resources/sleep-and-night-time-resources/caring-for-your-baby-at-night/

0-19 **Public Health Integrated
Nursing Service**

