

Choosing safer products for your baby

Safer sleep



While setting up your baby's sleep space, it is important to know which products can pose risks and should be avoided. Here are some essential tips to help you choose safer sleep products for your baby and create a secure sleeping environment.

Recommended sleep products

- **Cot or Moses basket** - placed in your room for the first six months
- **Portable sleep space such as a Moses basket, travel cot or carry cot**
- **Firm, flat, waterproof mattress** – lay your baby on their back to sleep
- **Well-fitting sleeping bag or sheets and a blanket**
- **Room thermometer** – to avoid baby getting too hot

Items to avoid

Don't use the following items as they can block a baby's airway and make it difficult for them to breathe and/or cause them to get too hot:

- sleep positioners
- soft-sided pods or nests
- cot bumpers
- hammocks
- pillows, duvets, or heavy bedding
- cuddle toys that hold babies in particular positions and may restrict movement

...giving children the best start





Choosing a mattress

The mattress should fit snugly within the cot or Moses basket with no gaps. Whenever possible, use a new mattress for your baby. If this isn't feasible, ask family, friends or professionals such as your midwife, health visitor or family hub worker for support. If you must use a second-hand mattress, reduce risks by ensuring it:

- is the correct size
- has British Standard and fire safety labels attached
- is firm and not sagging
- has a waterproof cover and is not stained or soiled
- has no rips or tears and is in good condition



Product safety checks

Before purchasing any baby sleep products, ensure they comply with British Standards. These standards indicate that the product has passed tests to ensure it won't easily fall apart or catch fire. Follow the instructions on how to build, care for and clean the product. If buying second-hand, obtain a copy of the instructions from the manufacturer's website. Regularly check for sharp edges, broken or missing parts.



Tips for safer sleep for babies

The Lullaby Trust (www.lullabytrust.org.uk) provides up-to-date information about safer sleep for babies. By following these guidelines, you can create a safe and comfortable sleep environment for your baby, ensuring they get the rest they need while giving you peace of mind.



SCAN HERE

For more advice and support on keeping your little ones safe, especially those aged between 0-4 years, visit www.nottshelpyourself.org.uk/childsafety.

If you have any concerns about unsafe baby products or toys, report them to Trading Standards via Citizens Advice Consumer Service on **0808 223 1133**. To check a product hasn't been recalled or is unsafe to use, search 'product recalls' on **gov.uk**.



**Nottinghamshire
County Council**

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