

Baby Summer Safety



Over the summer months, holidays and travel can disrupt routines for you and your baby. Warmer weather can also make it harder to keep your baby cool.

The Lullaby Trust have put together some [tips on summer safety](#) so you can enjoy the summer and keep your baby safe.

Follow the Lullaby Trust on Facebook, Instagram and Twitter for up to date information about safer sleeping.

Following a safer sleep routine on holiday

To reduce the risk of sudden infant death syndrome (SIDS) babies should be slept on their back on a firm, flat, mattress for every sleep day and night. It is important that this routine is followed on holiday. If your baby is sleeping in a travel cot the mattresses are often thinner and feel harder but don't be tempted to place folded blankets or a quilt under the baby to make them 'more comfortable'. Ensure that the travel cot isn't against a radiator, in direct sunlight, and is out of reach of blind cords and hazards.

Co sleeping more safely

If you or your partner are having an alcoholic drink, smoking or taking medication that could make you drowsy on holiday (or at home) co-sleeping with your baby can be very dangerous and increases the risk of SIDS. In these circumstances your baby should be slept in a cot or Moses basket in the same room as you.

Enjoy the summer and keep your baby safe.