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| **Topic** | **Image/Media** | **Text to go with the post** |
| Safer Sleep over Christmas | <https://www.youtube.com/watch?v=suoccf8D1ns>  This is the URL for the Youtube video to be added as the link preview    So that the image will display on the post like this: | Routines often change over the festive season. You may visit friends and relatives, have more to drink and go to bed at a different time.  It may be more difficult to find a safe sleeping space for your baby.  Have a look at these guides from @lullabytrust and have a fun and safe Christmas.  [www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-emergency-situations.pdf](http://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-emergency-situations.pdf)  [www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-in-winter-resource.pdf](http://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-in-winter-resource.pdf)  #BestStartNotts  #lullabytrust |