Babies only need to sleep on their backs at night – they can sleep on their front during the day
It is best if a baby’s cot is in a room of its own
Swaddling can increase the chance of SIDS
Babies could choke on their vomit if they’re slept on their backs
Premature babies are at a higher risk of SIDS
It doesn’t matter what kind of mattress you use in a baby’s cot.
A room temperature of 18 degrees is too cold for a baby.
It is safe for parents to bring their baby into their bed at night for feeding
Babies should always be put down to sleep in the ‘feet to foot’ position
Using a dummy may increase the risk of SIDS
Babies need to be kept very warm at night
It is especially dangerous for babies to sleep with an adult on a sofa or armchair
As long as parents don’t smoke in bed, it’s OK for their baby to share their bed to sleep.
Sleeping a baby on their side is OK
It’s OK if the dad smokes as long as mum doesn’t
Adult beds are just as safe for babies as cots
Even if a baby seems a little unwell, it is better to ask for medical advice
Cot bumpers should not be used in a baby’s cot
Breastfeeding helps to protect babies against SIDS
Cutting back the number of cigarettes smoked can reduce the risk for a baby
Using a sling to transport a baby can increase the chance of SIDS
Babies should not have pillows for sleep
Babies should sleep in the same room as parents/carers for daytime sleeps
It’s ok for babies to sleep in bouncy chairs or car seats for long periods of time.
Babies do not need to wear hats indoors
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