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
TRUE
FALSE
UNSURE