

HOW TO PUT YOUR BABY IN BED ?

NEVER SMOKE INSIDE



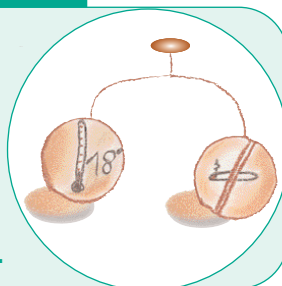
HOW WARM SHOULD MY BABY'S ROOM BE ?

18 to 20 °c

That is warm enough.

Use sleep clothing whose thickness should vary with the seasons.

Never cover too much your baby.



WHAT IS THE RIGHT POSITION ?



Always place the baby on his back.
That way..
The baby's face is not covered,
it can breathe better ;
fever will be easier to keep under control.
The baby can't get stuck
under soft bedding.
Never place your baby on its side.
Never fall asleep with your baby
in bed with you.

WHAT ABOUT THE BEDDING ?



No pillows

Use a crib with rigid bars,
with a firm mattress whose dimensions
fit the bed properly.

No cover or quilts...That way...

Your baby won't get caught
under the quilt

Your baby's nose
won't stay under the pillow

Otherwise... your baby can die.

Breastfeed your baby if possible

Encourage your baby to play
in prone position
whenever he is awake.

By changing our habits, we can save many babies from SIDS
(Sudden Infant Death Syndrome) also known as "cot death"