

Revised Cot Mattress and Bedding Policy

Our previous advice about cot mattresses was that a new mattress should be provided for each new placement because of research that suggested an increased risk of SIDS (Sudden Infant Death Syndrome). We have received new advice which we would ask you to adhere to:

- The safest place for a baby to sleep is in their own cot or Moses basket, in the same room as you for at least six months.
- The mattress should be firm and flat and protected by a waterproof cover.
- The mattress should be in good condition and a good fit for the Moses basket or cot.
- If you are using a second-hand mattress make sure that this was previously completely protected by a waterproof cover and continue to use one.
- Sheets and blankets should be firmly tucked in and should not be above shoulder height. A baby sleeping bag is also safe for a baby to sleep in.
- Remove any soft toys from the cot before placing the baby to sleep.
- Sleep the baby in the feet-to-foot position.
- Avoid using soft or bulky bedding such as quilts, pillows and duvets.
- Do not use cot bumpers as these can pose a risk to a baby when they roll and move about in the cot. A number of cases have been reported where babies have become entangled in the ties and material or have fallen from pulling themselves up on the bumpers.