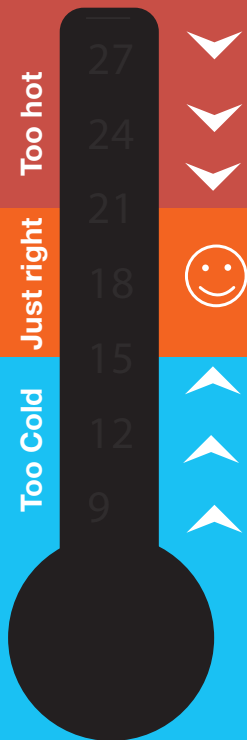


Give your baby the chance of a lifetime



16 - 20 °C



A joint initiative between
Bolton, Salford and Wigan
Safeguarding Children Boards

See reverse for further advice

Tips to keep your baby at a safe and comfortable temperature:

- put this thermometer near your baby's cot, out of direct sunlight
- the temperature is indicated by the brightest square
- keep the temperature in the room your baby sleeps between 16 - 20°C
- make sure your baby's cot is away from the radiator and out of direct sunlight

Follow the advice below to reduce the risk of Sudden Infant Death to babies:

- place your baby to sleep in a cot, crib or Moses basket on a clean, firm mattress
- place your baby to sleep on their back, with their feet at the end of the cot or crib
- don't sleep with your baby in bed if you smoke, have been drinking or taken drugs (including those prescribed by your doctor)
- don't let your baby get too hot and make sure bedding does not cover their head
- don't fall asleep with your baby on a sofa or armchair

To find out more visit www.fsid.org.uk or speak to your midwife or health visitor.