

8 SAFE SLEEP GUIDELINES

1

SMOKE FREE

Make sure your home is a smoke-free environment. This should be true both before and after your baby is born and returns home from the hospital.

ROOM SHARE

It is okay to let your baby room share, and co-sleep (if desired), as long as the surface is firm and flat.

2

3

CRIB/BASSINET

Place the crib/bassinet within arm's reach. Also be sure to keep the crib/bassinet free from toys, blankets, pillows and bedding.

BREASTFEED

Breastfeed, if possible, for at least the first three months. If it is not possible, that is okay too!

4

5

ABCS OF CRIB SLEEPING

- **ALONE** - baby should be alone
- **BACK** - baby should sleep on their back
- **CRIB** - baby should sleep in the crib without any sleep positions

TEMPERATURE

Make sure the temperature is comfortable. Baby should not be too cold or overheating.

6

7

LOCATION

Be sure baby is not sleeping in a playpen, car seat or swing - sleep positions can compromise the baby's airway and they can asphyxiate while in any of these devices.

EDUCATE

Be sure to educate anyone who is watching your baby on the safe-sleeping guidelines.

8

Cheap Sleep Guide To Europe 1995

Rose Army



Cheap Sleep Guide To Europe 1995:

Cheap Sleep Guide to Europe Katie WOOD,1995 Cheap Sleep Guide to Europe '95 Katie Wood,1995 *Geographical Magazine* ,1995 **Cheap Sleeps Europe** Katie Wood,2001 This pocket size paperback is an extensive and invaluable guide to where to stay in Europe without breaking the bank Cheap Sleeps Europe provides literally thousands of clean safe and comfortable places to stay in 31 European countries from hotels or pensions to students halls and campsites Includes Up to the minute listings over 10 000 accomodation suggestions tips on booking in advance getting there on public transport safe places sleeping rough if needs be and avoiding trouble spots **How to Plan Your Dream Vacation Using the Web** Elizabeth Dempsey,1997 Travelers can cut their vacation costs by using the Web to plan trips anywhere in the world Of every dollar vacationers spend ten cents goes to travel agents who make the arrangements This book explains how to make travel plans quickly and easily and provides a crash course for readers unfamiliar with the Web The CD ROM features travel planning software and Web tools and resources *Serials in the British Library* ,1999 **International Living** ,1993

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