

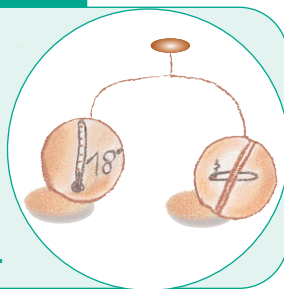
# HOW TO PUT YOUR BABY IN BED ?

**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"