

I sleep on my back



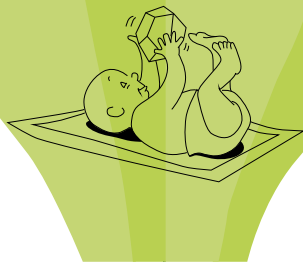
Some simple tips

- Always put the baby to sleep on its back
- In a cot
- On a firm mattress, inside a sleep sack of suitable size
- No pillows, quilts, blankets, cot bumpers, or cuddly toys
- If possible, in the parents' bedroom
- No tobacco before or after birth
- Room temperature: 18-20°C



When the baby turns over on its own

It means the baby's growing up... We can therefore leave it to choose its own sleep position, while remaining vigilant with its sleeping environment (bedding, blankets, etc.) until the age of 1.

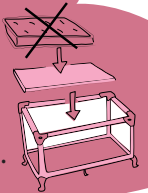


On the back—just a trend?

No, a safety measure! Many scientific studies since 1990 show that this greatly reduces the risk of cot death. The dangers of the face-down sleep position have been well documented, as you risk smothering the baby, disrupting its thermoregulation as well as restricting its respiration.

Be wary of portable cots!

Only use this type of bed occasionally, and only with the original mattress. Using a different mattress makes the bed dangerous: the child may get stuck and suffocate between the flexible cot wall and the mattress.



Why not on the side?

Instability: it's too easy for the baby to roll over on its stomach. And placing support objects around the baby is dangerous as it can inhibit its spontaneous movements.



And if it's warmer than 20°C?

You must dress the baby according to the climate and the room temperature. A short onesie is all you may need in the summer months.

And if he/she has digestive issues?

Some babies suffer from "colic" for the first few months and fall asleep more comfortably on their stomachs or in your arms: try gently turning your baby over on to its back as you place it in the cot. Don't worry about the baby regurgitating while on its back; this is prevented by a natural reflex. If your baby experiences painful discharge, don't hesitate to consult your paediatrician.



If my baby sleeps on its back, won't it get a flat spot on its head?

There are simple steps for preventing plagiocephaly:

- Let your baby move freely when in bed and upon waking, so that it can vary the points of support for its skull.
- Adjust the mobile toy or bed to encourage the baby to turn its head to the opposite side of where you think a flat spot may be developing.
- Regularly lay the baby on its stomach upon waking. This will develop its ability to react in situations where it rolls over on its own in the cot.

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