

SAFE SLEEPING GUIDE



Your baby can sleep easy

The Baby Box is a safe and comfortable place for your baby to sleep, if safe sleeping guidelines are followed. We've included a mattress, fitted sheet and blanket that fit the box perfectly.

Safe sleeping

1. Always place your baby on their back to sleep with their feet at the end of the box.
2. Tuck the covers securely under your baby's arms so the blankets don't slip over their head. A folded blanket is the same as two blankets.
3. Make sure there is nothing else in the box such as soft toys, pillows, duvets or cot bumpers.
4. Keep your baby smoke-free by not smoking near them or allowing them to be in a room where other people are smoking or have smoked.

Please do not place the Baby Box in the vicinity of open fires, and other sources of strong heat, such as electric bar fires, gas fires etc. as this will be extremely dangerous.

Things to remember when using the box for your baby to sleep in

1. The lid should not go on the box when your baby is in it, but should be used as a base by placing it underneath.
2. Don't be tempted to place the box on a table or surface in case it falls. Keep the box flat and don't prop it up.
3. The box is suitable as a sleeping space for young babies. When your child can roll over, sit, kneel or pull themselves up, the Baby Box should no longer be used for sleeping.
4. Put the Baby Box on the floor (sitting inside the lid) and make sure you can see your baby. Keep the box close to you when your baby is sleeping in it. This will help them to feel secure.
5. Only use the mattress provided with the box.
6. If you need to move the Baby Box, lift your baby out first, remembering to bend at the knees.