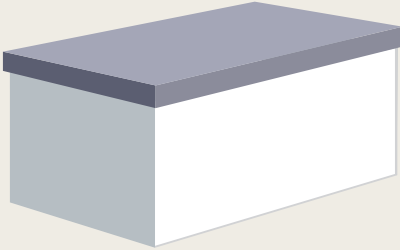


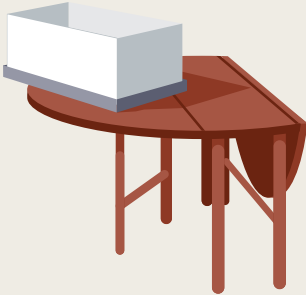
Things tae mind when usin the box

✗



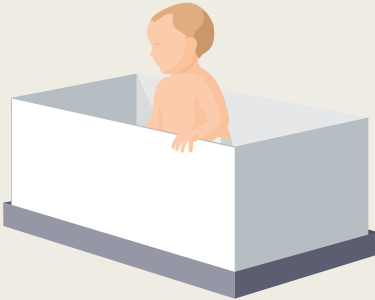
1. The lid shouldnae gang on the box when yer bairn is in it, but should be used as a base bi placin it unnerneath.

✗



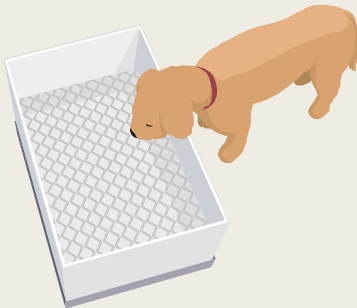
2. Dinnae be temptit tae pit the box on a table or surface in case it faws. Keep the box flat an dinnae prop it up.

✗



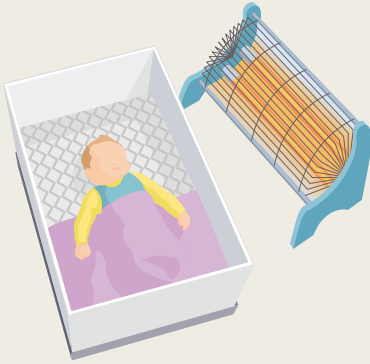
3. The box can be used as a sleepin space for wee bairns. When yer bairn can kneel or pull theirsels up, the Baby Box shouldnae be used for sleepin ony mair.

✗

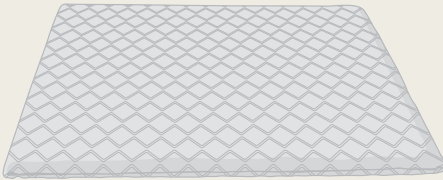


4. Keep pets aw frae boxes at aw times.

Box for yer bairn tae sleep in



- 5.** Please dinnae place the Baby Box near abouts open fires, an ither sources o strang heat, sic as electric bar fires, gas fires, etc. as this is awfy dangerous.



- 6.** Ainly use the mattress provided wi the box.



- 7.** If ye need tae move the Baby Box, lift yer bairn oot first, mindin tae bend at the knees.



- 8.** Pit the Baby Box on the flair (sittin inside the lid) an mak shair ye can see yer bairn. Keep the Baby Box nearby ye when yer bairn is sleepin in it. This will help them tae feel safe an siccar.

Yer bairn can sleep easy



The Baby Box is a safe an comfy place for yer bairn tae sleep, if safer sleepin guidelines are follaed. We've includit a mattress, fittit sheet an blanket that fit the box juist richt.

Safer sleepin

1. Aye place yer bairn on their back tae sleep wi their feet at the end o the box.
2. Tuck the covers siccar under yer bairn's airms so the blankets dinnae slip ower their heid. A foldit blanket is the same as twa blankets.
3. Mak shair there is naethin else in the box sic as soft toys, pillaes, duvets or cot bumpers.
4. Keep yer bairn smoke-free bi no smokin or lettin ony ither smoke in the hoose. Saicont-haund tobacco smoke is hermfu tae yer bairn. It spreads throu the hoose easily an lingers in the air for many oors efter smokin.

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 within the box.
6. If you need to move the Baby Box, lift your baby out first, remembering to bend at the knees.

For more tips getting your wee one down at bedtime as safely as possible visit parentclub.scot/safer-sleep



Safer sleep for bairns – support for Things ye can dae



✓ Aye pit yer bairn on their back tae sleep



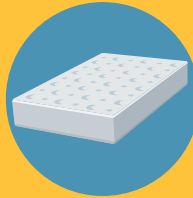
✓ Keep yer bairn smoke-free durin pregnancy an efter birth



✓ Pit yer bairn tae sleep in a separate cot or Moses basket in the same room as ye for the first 6 months



✓ Breastfeed yer bairn



✓ Use a firm, flat, waterproof mattress in guid nick



Things tae avoid



✗ Niver sleep on a sofa or in an armchair wi yer bairn



✗ Dinnae sleep in the same bed as yer bairn if ye smoke, drink or tak drugs or if yer bairn wis born premature or wis o low birth weight



✗ Avoid lettin yer bairn get over het
✗ Dinnae cover yer bairn's face or heid while sleepin or use loose beddin

Ye should follae the advice for aw naps, no juist for nicht time sleep

Sudden Infant Daith Syndrome (SIDS) is the sudden an unexpected daith o a bairn for nae apparant reason an altho we dinnae yet ken how tae completely prevent SIDS, it is possible tae significantly lower the chances o it happenin bi followin the advice

Ye can talk tae yer midwife or health veesitor an aw if ye hae any questions or concerns or get in touch wi us:

Email: info@lullabytrust.org.uk

Telephone: 08088026869

Website: www.lullabytrust.org.uk