

# SAFER SLEEPING

**Twins trust.** We support twins, triplets and more...

How to keep all babies safe when sleeping - including twins, triplets and more...

Please follow our safer sleeping advice whenever your babies are sleeping or napping, **not just at night time.**

## SAFER SLEEPING FOR ALL BABIES

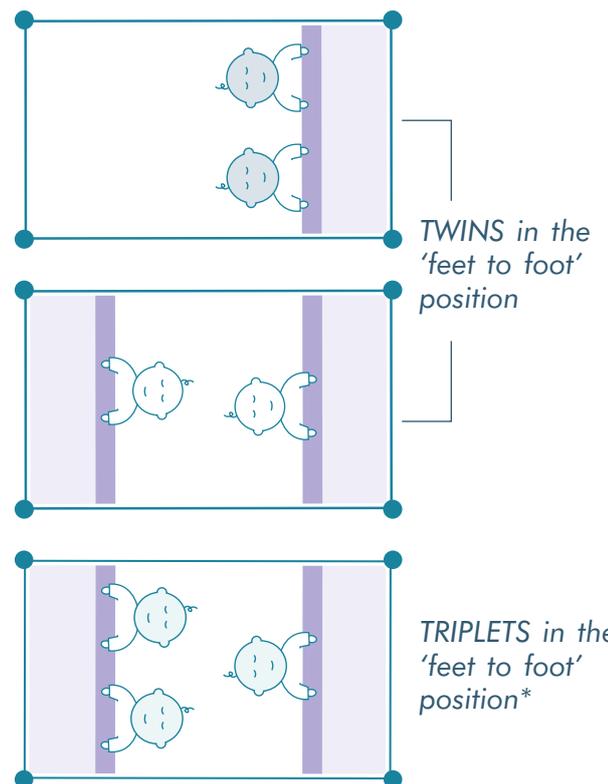
Tips for all babies **including** multiples

- ✓ Keep your babies in the same room as you for the first six months.
- ✓ Always place your babies on their backs to sleep.
- ✓ Use a firm, flat, waterproof mattress in good condition.
- ✓ Always unwrap babies and remove their hats when you go from a cold to a warm place.
- ✓ Make sure the cot is free from toys, pillows and loose bedding.
- ✓ Breastfed babies have a lower risk of SIDS. For details visit: [www.lullabytrust.org.uk/breastfeed](http://www.lullabytrust.org.uk/breastfeed)

## SAFER SLEEPING FOR MULTIPLES

**Additional** tips for twins, triplets and more

- ✓ Place your twins, triplets or more\* in the 'Feet to Foot' position (with their feet at the foot of the cot).



# SAFER SLEEPING FOR ALL BABIES

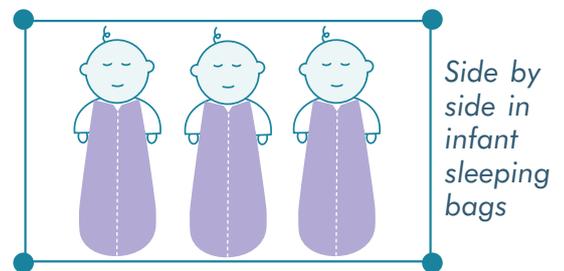
(continued)

- X** Do **NOT** smoke during pregnancy or let anyone smoke in the same room as your babies.
- X** Do **NOT** share a bed with your babies if:
  - you are a smoker
  - you are excessively tired
  - you've been drinking alcohol
  - you've taken drugs
  - they were born prematurely before 37 weeks or were under 2.5kg (5.5lbs) at birth.
- X** **NEVER** sleep with your babies on a sofa or an armchair.
- X** Do **NOT** let your babies get too hot when sleeping - keep their heads uncovered.
- X** Do **NOT** use pillows or duvets for babies under one year old.
- X** Do **NOT** leave your babies unsupervised on a bed or on a sofa.

# SAFER SLEEPING FOR MULTIPLES

(continued)

- ✓** In the early weeks, before your twins, triplets or more\* learn to roll they can all be placed side-by-side on their backs in the 'Feet to Foot' position.
- ✓** Make sure the blanket is tucked in securely. Alternatively you can use infant sleeping bags.



- X** Do **NOT** use rolled up blankets or towels etc to prop up your babies in their cot.
- X** Do **NOT** co-bed multiples once one or more baby is rolling.
- X** Co-bedding in a Moses basket is **NOT** recommended due to the limited space and the risk of overheating.

\*You may need to separate triplets and higher-order multiples into different cots earlier than you would with twins due to space restriction

For more information about sleep for multiples please visit the sleep section on the Twins Trust website: [www.twintrust.org/under-1s/sleep](http://www.twintrust.org/under-1s/sleep). Twins Trust also runs regular sleep webinars which are suitable for twelve months plus: [www.twintrust.org/sleep-webinar](http://www.twintrust.org/sleep-webinar)



**Basis**  
Baby sleep info source

**Twins  
trust.**

 [www.twintrust.org](http://www.twintrust.org)

   @twintrust  01252 332344

Twins Trust, Manor House, Church Hill,  
Aldershot, Hants, GU12 4JU  
Registered Charity Numbers: 1076478 and SC041055  
Registered Company Number: 3688825