

Maternity learning:

Give baby a clear, safe sleep space



- No pillows, quilts or duvets, bumpers
- Pillow use alone has been shown to increase the risk of SIDS by 2.5 times compared with non-pillow use
- No pods, nests or sleep positioners
- No soft toys
- No loose bedding
- No products to keep a baby in one sleeping position such as wedges or straps
- No nappy sacks
- Avoid blind cords

<https://capt.org.uk/resources/nappy-sacks-warning-poster/>

<https://www.ncmd.info/safety/nappy-sacks>

<https://www.rospa.com/home-safety/product-safety/nappy-sacks/>

<https://www.lullabytrust.org.uk/>

[Your Sleeping Baby's Needs](#)

NHS website: [Healthier Together](#)



Child Obesity – Tips to help your child reach a healthier weight –

[Advice for parents of overweight children – NHS](#)

Do

- ✓ get active every day – find an activity they enjoy, such as sports, playground activities or walking to school
- ✓ aim to give them a healthy, balanced diet that includes fruit and vegetables, starchy foods, protein and dairy or dairy alternatives
- ✓ set realistic targets and involve your child in deciding what changes you're going to make
- ✓ use rewards such as stickers or high fives when they reach their food and activity goals
- ✓ encourage a healthy attitude to eating – you can be a good role model by staying active and eating healthily
- ✓ help them get enough sleep – follow a regular bedtime routine and remove digital screens, such as mobile phones or tablets, from their bedroom at night