

Seven safety tips



Stay awake when breastfeeding

Do not fall asleep when nursing the baby as you may accidentally smother him.



No swaddling

Remove the swaddle before lying down on the bed to nurse the baby, in case you fall asleep while nursing. If you swaddle the baby tightly, he will not be able to move if his airway is blocked.



Keep the bed safe

Make sure there are no loose bedding, soft pillows or stuffed toys next to the baby. These items may fall on the baby's face and he cannot move them.



No alcohol

Mother and any occupants on the bed cannot be under the influence of alcohol or drugs that may cause drowsiness.



Place the baby on his back

The baby should not sleep on his tummy or side. He may move slightly during sleep, and if his airway gets blocked, he may not have the strength to move his head.



No strings or cords

Some parents clip pacifiers onto the baby's clothing. Remove this when you put your baby down to sleep on the bed, as the strings or cords are a strangulation risk.



Watch the baby

Do not leave the baby unattended on a raised surface as he may roll off.

Source: DR MYTHILI PANDI, LEAD TRAINER OF THE BREASTFEEDING MOTHERS' SUPPORT GROUP AND MS FONNIE LO, ASSISTANT DIRECTOR OF THOMSON PARENTCRAFT CENTRE

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