



# FEET TO FOOT SAFE SLEEP FOR BABIES



**Aster**  
**HOSPITAL**

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Digital Version

- Use a safe cot
- Use a safe mattress firm, clean, flat (not tilted or elevated), right size for the cot
- Sleep baby on back
- Keep head and face uncovered
- Position baby's feet at the bottom of the cot
- Tuck blankets in firmly or use a safe baby sleeping bag
- Breastfeed baby
- Keep baby smoke free
- Safe sleeping environment night and day

**Do not use**

Pillows, doonas, soft toys, cot bumpers, or lambswools anywhere in the cot

**Do not put**

your baby to sleep on a water bed or bean bag



Babies should be put to sleep on their backs, feet to foot, in their own cot for the first six months. Use lightweight blankets that are firmly tucked in. Place the baby in the 'feet to foot' position to avoid bedding covering their head. Baby sleeping bags are a safe alternative to sheets and blankets.

**WHAT IS FEET TO FOOT POSITION?**

Babies whose heads are covered with bedding are at an increased risk of Sudden Infant Death Syndrome (SIDS). To prevent your baby wriggling down under the covers, place them in the "feet to foot" position. This means their feet are at the end of the crib, cot or Moses basket.

**WHAT IS FEET TO FOOT RULE?**

If blankets are used, follow the "feet-to-foot" rule. Place the baby in the crib with his or her feet at the foot of the crib. Tuck a light blanket in along the sides and foot of the mattress, with the blanket coming up no higher than the baby's chest.

**HOW SHOULD A BABY BE LAID TO SLEEP IN A COT?**

- In her first six months the safest place for your baby to sleep is in a cot in a room with you.
- Lay your baby down on their back to sleep.
- Lay your baby with her feet at the foot of her cot, so she can't wriggle down under the bedding.

**ARE SLEEPING BAGS SAFE FOR ROLLING BABIES?**

Baby sleeping bag (a safe baby sleeping bag has fitted neck and arm holes, and no hood) is safe to use. Babies who sleep on their back tend to roll onto their tummy later than side sleeping infants.

**HOW DO WE WRAP A NEWBORN AT NIGHT?**

- Dress your baby in a blanket sleeper for sleep.
- Try swaddling your baby.
- Purchase a sleep sack for your baby to sleep in.
- Avoid using thick blankets, duvets or comforters in the bed at all.



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

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