



University Hospital 
of South Manchester
NHS Foundation Trust

Safe Sleep

Information for parents

Starlight Children's ward
Wythenshawe Hospital
Southmoor Road
Wythenshawe
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In line with national guidance, UHSM **strongly** recommends that you place your baby in its cot to sleep.

We recognise that at times you may feel more comfortable feeding your baby in bed, as caring for a new-born or sick baby can be exhausting.

By following these recommendations we hope your baby will stay safe whilst still enabling a close bond to remain between you.

WHEN FEEDING AT NIGHT ON THE WARD

- **ENSURE THE HEIGHT OF THE BED IS AT ITS LOWEST SETTING.**
- **TELL YOUR NURSE YOU ARE ABOUT TO FEED.** Where possible they will look in on you and check you are OK.
- **TURN THE MAIN LIGHT ON.** Your baby will go back to sleep once fed regardless of light, but the light will help you remain more alert whilst feeding.
- **SET AN ALARM TO THE SNOOZE FUNCTION** this will help ensure you do not fall asleep whilst feeding your baby.