Newsletter Peel Park Surgery June 2019

Sids-Part Two

Environmental stresses could include tobacco smoke, getting tangled in bedding, a minor illness or a breathing obstruction. There's also an association between co-sleeping (sleeping with your baby on a bed, sofa or chair) and SIDS.Babies who die of SIDS are thought to have problems in the way they respond to these stresses and how they regulate their heart rate, breathing and temperature.Although the cause of SIDS is not fully understood, there are a number of things you can do to reduce the risk.Below is a list of things you can do to help prevent SIDS.

* always place your baby on their back to sleep, breastfeed if you can, also
* place your baby in the "feet to foot" position – with their feet touching the end of the cot, Moses basket, or pram
* keep your baby's head uncovered – their blanket should be tucked in no higher than their shoulders
* let your baby sleep in a cot or Moses basket in the same room as you for the first 6 months
* use a mattress that's firm, flat, waterproof and in good condition

Do not:

* smoke during pregnancy or let anyone smoke in the same room as your baby – both before and after birth
* sleep on a bed, sofa or armchair with your baby
* share a bed with your baby if you or your partner smoke or take drugs, or if you've been drinking alcohol
* let your baby get too hot or too cold – a room temperature of 16C to 20C, with light bedding or a lightweight baby sleeping bag, will provide a comfortable sleeping environment for your baby

Cradle cap

* Cradle cap is not itchy or painful and does not bother your baby.It's not clear what causes cradle cap. It cannot be caught from another baby.

**Do**

* wash your baby's hair regularly with baby shampoo and gently loosen flakes with a soft brush
* gently rub on baby oil or a vegetable oil (such as olive oil) to soften the crusts
* use baby oil, vegetable oil or petroleum jelly overnight and wash with baby shampoo in the morning

**Don't**

* do not use peanut oil (because of the allergy risk)
* do not use soap
* do not use adult shampoos
* do not pick crusts – this can cause an infection