

What can you do to minimise cot death?

Research has shown that the risk of cot death, also known as Sudden Infant Death Syndrome (SIDS), can be reduced by following these important steps:

- ? Do not smoke during pregnancy.
- ? Consider breastfeeding your baby.
- ? Place your baby on his or her back (and not his tummy or side) to sleep.
- ? Place your baby with his or her feet to the foot of the cot, preventing them from wiggling under the sheets and blankets.
- ? Cover your baby up to the shoulders with layers of sheets and/or thin blankets. Tuck them under a firm mattress, preventing them from covering your baby's face.
- ? Keep your baby warm, but not hot. Keep baby's head uncovered.
- ? Keep pillows and soft objects out of the cot.
- ? Place the cot next to your bed until the baby is at least six months old.
- ? Use a pacifier (or dummy) after breastfeeding is established. Stop using a pacifier between six and 12 months old to prevent dental and speech problems.
- ? Never sleep with your baby in the bed or while sitting on a sofa or armchair.
- ? Do not let anyone smoke in the same room as your baby.
- ? See a doctor if your baby appears unwell.

Our health advisor is Heidi Elmaarouf RN, professional nurse and American Heart Association Lead Instructor. You can email questions to her via [advisor@abudhabiweek.com](mailto:advisor@abudhabiweek.com)

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