



Putting your baby to sleep in a Moses basket will allow you to take him from room to room with you

- Tuck blankets and sheets in well so that your baby cannot get his head under the covers. A small rolled-up towel on either side of the baby between the mattress and the bars will help secure the blankets and sheets.
- Quilts and duvets are not recommended for babies under one year old as they can cause overheating.



SAFETY

Make sure you remove all your baby's toys from the Moses basket or cot while he is asleep to prevent him hurting himself.

- Depending on the temperature of the room, remember to adjust your baby's clothing and the layers of bedding. Be sure to count the swaddling sheet or blanket as one of the layers.
- The Foundation for the Study of Infant Deaths recommends that the room temperature is between 16 and 20°C (60–68°F). It is worthwhile investing in a good electronic room thermometer to measure this.



Have a variety of different books to prop inside his Moses basket to entertain him during his awake periods but make sure you remove them at sleep times

Poor sleepers

All babies are different and while some are good sleepers, many are fretful and difficult to settle. If your baby is one of the latter, please take heart as this need not be a reflection of your baby's future sleep habits. Be patient, consistent and allow time for good sleep routines to be established.

It is also important to remember that not all babies begin to sleep through the night at the same age. The majority of babies that I have helped care for usually started to sleep from the 10pm feed through to 6-7am somewhere between eight and 12 weeks. A few slept through before that age and some needed to be fed in the night for much longer. By following my guidelines, and adjusting the routines if need be to suit your particular child, he will sleep the longest spell at night as soon as he is physically and mentally capable of doing so.