



baby sleep bags

safer sleep for older babies

Option 1: Baby sleep bags keep older babies **warm** as babies wriggle about in their sleep. They don't need blankets.

Baby sleep bags can also keep older babies **safe** when they go exploring in their beds. There are no loose covers to get underneath, or tangled in. These can be dangerous.

firmly tucked in

safer sleep for older babies



Option 2: It is easier for babies to keep a clear face when they sleep **near the end** of the cot and the covers are **tucked in firmly** under the mattress.

Heavy, loose, or too many covers can be dangerous when babies go exploring.

Layers of lightweight covers are best.