



# TIPS FOR MOTHERS

Answers provided by baby sleep specialist

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**Dressing up baby's cot** can be one of the most exciting things for an expectant parent. We suggest you start with the basic necessities but have enough of them so you don't have to worry about the laundry.

Babysafe's selection of cot bedding, wraps and blankets comes in wide variety of colors, patterns, all in 100% cotton or natural fabrics.

We also have waterproof pad made from 100% knit cotton bonded with a layer of waterproof and air permeable polyurethane film underneath, it feels soft and cool when laid underneath or on top of a bed sheet for a protective barrier against wetting or spitting up.



## Q What are the basic essentials?

*Numbers in parenthesis represent recommended quantity*

### Cot bumper (2 sets)

This provides a softer buffer between your baby and the hard cot slats as well as preventing little hands from being stuck between slats. Once baby starts to roll and scoot over, it should be removed to prevent suffocation.

### Fitted Sheets (3 to 4 pieces)

Choose soft and natural fabrics, preferably in 100% cotton for its comfort, breathability and durability.

### Waterproof Pads (3 to 4 pieces)

Essential to prevent wetness. Look for machine washable type.

### Pillow (1 to 2 pieces)

Optional but do take precautions when using as soft pillows pose as a hazard as babies can be smothered when they turn over on their face. A firm and flat pillow is a safer option and can be placed under a fitted sheet to keep it in place. A firm pillow can help in easing baby's breathing, especially when he is having a stuffy nose, as it elevates baby's head which helps drain his sinuses.

### Blankets (2 to 3 pieces)

To keep the chill away especially in an air-conditioned room. If safety is a big concern, try using sleeping bags which are recommended because they reduce the risk of suffocation.

### Baby Wraps (2 to 3 pieces)

Swaddling, snugly wrapping baby in a blanket for warmth and security, keeps him from being disturbed by his own startle reflex and known to calm baby.

If you find using a blanket to tightly wrap your baby a challenging feat, try Babysafe Baby Wrap which has a special shape for an easier and snug wrap. Made of 100% sateen cotton, it is light and offers softness and breathability.

Once your baby is over a month, you might want to stop swaddling him while he's awake, as it may interfere his mobility and development. It's fine to swaddle during naps and nighttime if he seems to sleep better that way. He'll let you know by crying or kicking when he no longer wants to be bundled up.

### Baby Mobile (1 piece)

If you are buying a mobile to sooth your baby to sleep then you will probably buy one that fits on the cot very securely and not too brightly coloured. It should be removed from the cot when baby is asleep. Some mobiles incorporate music or lullabies that play whilst the mobile rotates.

Cot mobiles should be totally removed when your baby is able to pull himself up or stand unaided. Additionally, you should ensure that the mobile has no long strings or small parts attached that could potentially be a choking hazard.

**IMPORTANT:** This information is a general educational aid. Do not rely on this information as a substitute for personal medical or healthcare advice, or for diagnosis or treatment purposes. Always consult your physician or other qualified healthcare provider as soon as possible about any medical or health-related question.