



## **FREQUENTLY ASKED QUESTIONS**



***The Safe T Sleep Sleepwrap product goes hand in hand with responsible, nurturing parenting and supervision skills. Loving, relaxed, skilled human supervision is the best supervision.***

**Safe T Sleep supports nurturing, positive parenting and professionally tested trailed baby/child safety products**

Key Benefits of the Original Safe T Sleep® Sleepwrap® as follows:

1. Peace of mind and a better sleep
2. Comfortable, allows natural movements for limbs and hips
3. Warm in winter, cool in summer
4. Helps keep face and head clear to comply with International safer sleeping guidelines to prevent suffocation
5. Helps prevent cot/crib and bed falls
6. Ideal for Reflux, GERD, colds, colic positioning
7. Helps prevent misshapen (flat) heads
8. A safer transition from bassinet or hammock to cot/crib and cot/crib to 'big bed'
9. Great for travelling, visiting, camping and boating
10. Products safe usage period is 2 children, from newborn to 2years

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**The Safe T Sleep Sleepwrap is a practical aid to nurturing, positive parenting skills. It helps prevent injuries and fatalities without restricting breathing or natural movements. It also offers significant Peace of Mind and Portable Convenience when Travelling.**

## QUESTIONS AND ANSWERS

### 1. Has this product had any professional testing or trialling?

In 1992 a professional consultative process began, which spanned nine months of trialling. The questions for our questionnaire were formulated with the help of key medical professionals and fifteen clinicians from a wide variety of fields within the medical profession including Paediatric, General Practitioners, Orthopaedic, Baby/Child Health Professionals, Plunket/Karitane family units, Hospitals, Nursing Counsellors, sleep centres, behavioural psychologists, developmental psychologists, midwives, ante and post natal tutors, clinical psychologists, occupational therapists to name a few (report available on request). The Questionnaires were sent out with official self-addressed stamped envelopes marked "questionnaire". These were opened at an official meeting at which professional people, Paediatricians and volunteers plus the parents of participants were present when they were opened and subsequently assessed. The results of the survey questionnaires provided convincing evidence that the vast majority of infants react very favourably and the vast majority of parents/caregivers were very happy with its application (raw data available).

For ten years twenty five percent of despatched orders contained questionnaires which produced regular feedback. These and letters from medical professionals are available for inspection and provide overwhelming evidence that the product is meeting the comfort and safety needs of infants.

<http://www.safetsleep.com/awards/>

Since 1992 auditable figures show well over 200,000 babies slept safely in the original Safe T Sleep Sleepwrap product!

You may be aware that SIDS education worldwide is very thorough, very clear and well distributed. Yet even with all this excellent educational advice from SIDS organisations there are still preventable deaths occurring. Also a significant percentage of infants are admitted to hospitals worldwide and being fitted with helmets to correct flat/deformed heads which is often linked to 'back sleeping' infants who insist on sleeping on the same spot, regardless of any attempt otherwise.

*Consistently since 1992 the Safe T Sleep Sleepwrap reaches up to 20% of all first time babies born each year in New Zealand alone. There have been no reported deaths or injuries! Since 1992 babies worldwide have slept more safely and comfortably in the Safe T Sleep Sleepwrap.*

As a result of this we believe Safe T Sleep is also helping to make a meaningful contribution to safer sleeping with the Sleepwrap and all associated evidence based information.

In New Zealand, Australia and Canada Safe T Sleep has been highly commended for our responsible, professional, educational, widely consultative approach within our philosophy of positive, nurturing, trust-building and skilled parenting.

For many parents and babies we have also helped prevent much of the unnecessary trauma associated with positional Plagiocephaly (flattening or deformity) of baby's head. Hospital Clinical Trials Ref: Visit <http://www.safetsleep.com/pages/testing-trialing-safety-compliance> New Zealand Medical Journal vol 116 No 1181.

Over recent years fully accredited **Independent** Hospital clinical trials have established the efficacy of the Safe T Sleep Sleepwrap product in assisting the safe positioning of sleeping babies when product instructions are followed. It has been established that the Sleepwrap is a safe and very useful adjunct to keeping an infant in a selected position. Other safety options are available in Question 12. Also see: <http://www.safetsleep.com/pages/testing-trialing-safety-compliance> and <http://www.safetsleep.com/blogs/testimonials>

In February 2000, the Safe T Sleep Sleepwrap product was the only Australasian product to both exhibit and present a Paper at the International SIDS Conference held in Auckland, New Zealand. Other Papers presented have been at the 2002 International Paediatric Nurses Conference in Sydney, Australia and in the 2002 Midwifery Conference in Dunedin, New Zealand. **Independent** Hospital clinical trials were completed in 2002.

Hospital Clinical Trials Ref: Visit <http://www.safetsleep.com/pages/testing-trialing-safety-compliance>  
New Zealand Medical Journal vol 116 No 1181

Many hospitals are using Safe T Sleep Sleepwraps in the following situations: gastro-oesophageal reflux, irritable hips, cranial osteopathy, porta-catheter (central line), gastrostomies, supra-pubic catheter, traction and during some types of dressings in plastics and burn cases. Also in such areas as maintaining positions, e.g. with hypospadias patients who have to be on bed rest for a week post surgery, cleft lip and palate babies to stop them from rolling on their tummy post-operatively, and for assistance during the removal of sutures in babies and children. Please see <http://www.safetsleep.com/pages/hospital-special-need-uses> for a list of hospital uses.

The product arose due to the inventor's experiences during her nursing training and designed the product for her own baby son who was a climber, to give her a few extra moments to get to her son after he woke before he could fall and injure himself. The statistical data available in most 'developed' countries indicates that nearly one in five 0-4 year olds that are hospitalised every year due to falls are from cot, bed, and bunk falls. The results are death, permanent serious brain damage and other injuries. Worldwide little education is given on this topic. See 'testimonials'-ACC letter. [https://cdn.shopify.com/s/files/1/0223/2655/files/awards\\_medical.pdf?12565738947557631601](https://cdn.shopify.com/s/files/1/0223/2655/files/awards_medical.pdf?12565738947557631601)

The Safe T Sleep Sleepwrap product is a 100% natural, top quality, special weave, chemical free cotton fabric 'wrap', which allows a baby to do everything he/she is able to do according to their age and stage of development. The only things they cannot do are those things which may put them at risk. The Safe T Sleep Sleepwrap helps ensure that a young baby, still in the high SIDS risk period, is much less likely to turn onto tummy or creep into potentially uncomfortable and/or dangerous situations whilst an older infant out of the high SIDS (cot death) risk period can be taught how to turn around within the wrap to allow them to sleep in their desired sleep position.

The Safe T Sleep Sleepwrap products are also made to specific safety dimensions to ensure that babies limbs are unable to be caught or jammed.

The Sleepwrap is designed and intended as a 'wrap' for use **during** sleep and for the few moments before and after sleep. The automatic fasteners will hold for those few moments from the baby waking to parent/caregiver being able to attend to the baby. For very wriggly babies see Question 12.

At the manufacturing level strict compliance regulations have been met and there are three points of Quality Assurance and Quality Control procedures.

The fabric has been scientifically tested: 0.27 "Tog Rating", which ensures the breath ability of the weave, suitability and safety for young infants, particularly important during the high SIDS (Cot Death) risk period and/or in hot climates. When the Sleepwrap is around the baby it equals 1 Tog. The product has been used successfully in Brisbane, Australia, over the past five years where temperatures can reach above 40°C. Please see letter from Amanda Stenbridge. [https://cdn.shopify.com/s/files/1/0223/2655/files/safe\\_sleep.pdf?2117413643529430302](https://cdn.shopify.com/s/files/1/0223/2655/files/safe_sleep.pdf?2117413643529430302) also see Question 10 'Over Heating'.

The consistency and strength of the fabric weave and the automatic fastening strips have been hospital

laundry tested for durability to ensure that the product will withstand hundreds of washes. Industrial strength cotton thread is used, all corners are mitred and backstitched and bias trim is used to ensure extra safety and durability. With all reasonable care the Safe T Sleep Sleepwrap product will safely last for up to four years making it a very versatile and inexpensive purchase.

Apart from the Safe T Sleep Sleepwrap products we are not aware of any other baby sleeptime soft-good product on the market in the world which has had such extensive fabric testing and experiential track record since 1992. This includes initial **Independent**, Professional Market Trialling, **Independent** Hospital Clinical Trialling. Educational and Instructional information is based on National and International published data and extremely wide consultation with health professionals, and the direct market.

For the original Safe T Sleep Sleepwrap EU and USA stringent testing requirements have been met with 100% compliance.

An instruction leaflet accompanies the product to ensure wise and correct usage. The product instructions also have clear illustrations to ensure correct usage. Our website is an informative, well researched evidence-based resource for parents, carers and health professionals.

An information pack for medical professionals, containing internationally published research information on PWS, Positional Asphyxia and other studies is available.

We have tried to cover as much information as possible about the trialling and evidence-based material in regards to the Safe T Sleep Sleepwrap products. We trust that some of the information below and on [www.safetsleep.com](http://www.safetsleep.com) will be sufficient to enable you to help facilitate generic, objective, accurate experience and education regarding the Safe T Sleep Sleepwrap products. Our information is based on published studies, national and international statistical data. We believe that we have made a reasonable contribution to reducing the significant preventable injuries and fatalities of infants due to babies standing, climbing and falling. Also those babies who creep, roll and or turn in their sleep and end up with their faces/ heads covered or jammed up hard against cot bars or bed frames, both scenarios potentially causing 'Positional Asphyxia' (suffocation). Ref; New Zealand Medical Journal, 26 April 2002, Vol 115, No 1152, Pages 193-4. The **hard** statistic of babies found with face and head covered is 25% globally therefore it is highly likely to be at least twice as high as this! This is largely a preventable statistic by simply using the original, tested and proven Safe T Sleep Sleepwrap.

The car seat was designed for comfort and safety during travel, the highchair for practical reasons during mealtimes, the pushchair for comfort and practicality whilst walking. The Safe T Sleep Sleepwrap product was designed for comfort and safety during sleep, and for the few moments before and after sleep.

## **2. How important is it to read and follow instructions and how do I decide which model Sleepwrap to buy?**

1. It is always important to read instructions **especially** when using products with precious babies.
2. The original Safe T Sleep product, website, marketing, packaging, instruction leaflets and brochures have resulted from extensive consultation over many years with parents and the medical profession.
3. As with all baby/child products, when the Safe T Sleep Sleepwrap product is used correctly, in accordance with the instructions and in conjunction with nurturing, loving, skilled parenting, it is a wonderful aid.

4. One thing that generally concerns baby product designers and manufacturers with integrity is the extended ‘circulating’ and ‘overuse’ of products. Under usual conditions the Safe T Sleep Sleepwrap products are safe for use for up to four years. After four years of use you have had more than your money’s worth and its time to throw it away or recycle as rags. Also see <http://www.safetsleep.com/pages/product-knowledge>

To decide which model Sleepwrap is best for your needs, very simply decide which ‘bed and or mattress’ you will be wanting the Sleepwrap to fit for your baby at home and/or when visiting or on holiday.

Both the SMALL (Classic) and LARGE (Travel) models will fit babies from newborn to two years of age plus. Both models fit a cot/crib and standard single bed. The SMALL (Classic) fitting cot/crib to standard single bed and every bed that’s small down to a bassinet. The LARGE (Travel) fits cot/crib, standard single bed and everything that’s large up to a standard king size bed. Safe usage is for two children, newborn- 2years plus.

### **3. What are the dangers of using second-hand or homemade/copycat Safe T Sleep Sleepwraps?**

It is generally considered unwise to use any second hand baby safety product unless you definitely know and trust the origin and age of the product.

To help give an understanding of how seriously Safe T Sleep consider absolute ‘safety’ for our baby products we will explain some of the aspects showing how we ensure and monitor the continual quality, safety and value of the Safe T Sleep products, please read the below.

The Independently Hospital Clinically trailed, thoroughly tested, trusted and proven Safe T Sleep Sleepwrap is made from double layers of:

- top quality, specifically woven 100% organic cotton, which is regularly scientifically batch tested at great cost to ensure it is ‘chemical free’ for extra safety.
- the fabric is also tested for a specific rating, measuring the strength, longevity and breathability of the weave. This is especially important for young babies in the high SUDI/SIDS (cot death) risk period, especially in hot climates.
- top quality fastening strips are used for safety.
- industrial strength thread is used for safety and longevity, all corners are mitred and seams are back stitched.
- Strict and regular manufacturing Quality Assurance and Quality Control procedures are constantly maintained for quality and safety product assurance.
- The Safe T Sleep Small (Classic) model has almost as much fabric as a Queen size sheet and the Large (Travel) model more fabric than a King size sheet! (A branded bikini can be well over \$100 and has less fabric than a tea towel!) The Safe T Sleep Sleepwrap definitely offers value for money.
- Because of all of the above and our success history we know that the Safe T Sleep Sleepwrap lasts safely for two children 0-2years i.e. up to four years! This is approximately \$3 a month...a few cents a day for baby’s safety and adult’s peace of mind.

## **POTENTIAL DANGERS OF SECONDHAND, HOMEMADE/COPYCAT VERSIONS of Safe T Sleep products**

- Safety concerns with copycat versions include: incorrect, untested fabric and fabric weave, the use of any kind of buttons, zips, domes, tapes, straps, ribbons, poor quality fastening strips, narrow, untested dimensions or design may all place babies at risk.
- The specific strength and quality of the fabric weave, manufacturing processes, extensive trials and dimension testing all ensure that babies limbs cannot become entangled and that the product cannot bunch into a narrow cord, which according to Paediatricians, could cause localised pressure around the baby's torso or chest, which could cause serious breathing restriction.
- A homemade or copycat version will therefore not give the security and peace of mind that an original, tested and proven product gives. Babies are too precious to play with safety issues.

Safe T Sleep has been exemplary in wide, responsible consultation and product research quality standards and education in the community for well over twenty years. Miriam Rutherford the Inventor was one of the early pioneers of Positive Parenting workshops and since inventing the Safe T Sleep Sleepwrap has helped a myriad of troubled mothers, run years of facilitative workshops and presented Medical Papers at National and International level which are 'evidence-based', to ensure the utmost integrity of the written literature and product safety.

All too often people have a grand idea and undertake no testing or correct teaching to ensure wise and correct usage of products. There are few regulations and often if a product is in a pretty colour and package and has a good margin it can end up for sale entirely untested. This process is irresponsible, potentially dangerous and reactive and sadly accidents often need to happen before something is done.

Safe T Sleep has, since its inception and are continually passionate about 'safety'. Quality assurance processes and community education cost much more than people realise. Safe T Sleep believes it is imperative to ensure that top standards are kept constant to protect babies and give peace of mind to parents and caregivers.

We trust you understand why we need to protect babies, our good name, trusted brand, very hard work, integrity of our educational material and our safety record for babies since 1992.

In making a copy Sleepwrap you may get it right but you may also be playing with the safety of your babies and others. After a 22 year safety record it seems wise, as with all safety products, to ensure you buy the original, tested, trialled and proven item.

Both Sleepwrap models are suitable for babies ages 0-2years and both fit a cot and standard single bed. Choose the best Sleepwrap size according to the bed and mattress you choose to sleep your baby on: **SMALL (Classic)** Fits mattresses for: Cot/Crib, Portable Cot, Boat, Caravan, Standard Single, Cradle, Aircraft Cradle, Hammock, Bassinet, Bassinet-Pram, Moses Basket.

**LARGE (Travel)** Fits mattresses for: Cot/Crib, Portable Cot, Boat, Caravan, Standard Single, King-Single, Double, Queen, King

The little Safe T Sleep **MULTI**wedge, when tucked well underneath the main part of the Sleepwrap, helps prevent/correct misshapen, flat, deformed heads and the unnecessary trauma and thousands of dollars of remedial costs. It is most suitable for babies under 6months old to help keep babies head on alternate side and thereby helping to prevent Positional Plagiocephaly without Synostosis (PWS).

Not all flat heads “come right”. Well over 35% of babies worldwide retain a flat/deformed head! 4.2% need surgery to allow normal brain development. The Safe T Sleep Sleepwrap and MULTIWedge help ensure a safer sleeping baby plus a nicely shaped head :)

Choose safety, choose Safe T Sleep, the only original tested, trialled and proven child protective Sleepwrap babywrap.

#### **4. Do babies seem to like being wrapped in the Safe T Sleep Sleepwrap product?**

Parents tell us that their babies seem to find it very cosy and comfortable, and that their babies seem to sleep better, longer and more restfully. There are hundreds of years of well documented evidence which show that babies usually like the feeling of security from being wrapped or swaddled.

The use of the Sleepwrap product allows either a total swaddling combination and/or the shoulders, arms and legs to be totally free. The baby’s body has a lovely degree of natural, flexible movement.

An older baby out of the high SIDS risk period can/may be taught how to turn freely within the Safe T Sleep Sleepwrap product and sleep in their desired sleep position.

For young babies, often the cot/crib is far too big an area to have no ‘boundaries’. You can make a lovely cosy, nest in the cot/crib with the help of the Safe T Sleep Sleepwrap product. To add to babies cosy comfort in winter time you may also consider using a hot water bottle (temperature tested on your wrist to ensure it is warm NOT hot). The hot water bottle can be placed inside the baby wrap part of the Safe T Sleep Sleepwrap while you are feeding or attending to baby. Then the ‘warm’ NOT hot water bottle can be placed at baby’s feet on top of the bedding or next to their body for a little while to help them settle.

When the product has been used together with loving, trust building parenting skills, older babies tend to do the Safe T Sleep Sleepwrap product up themselves. This is because they like the feeling so much and it has become a positive sleep association. In a nutshell it gives them a feeling of security, therefore a more restful sleep and consequently a better sleep for the entire family.

Some mothers also use the Large (Travel) model for safer co-sleeping.

[https://cdn.shopify.com/s/files/1/0223/2655/files/Co\\_Sleeping.pdf?11021727903041713165](https://cdn.shopify.com/s/files/1/0223/2655/files/Co_Sleeping.pdf?11021727903041713165)

The Safe T Sleep Sleepwrap product was invented as a ‘wrap’ and aid to *nurturing positive parenting* for use during sleep and the few moments before and after sleep. Good loving, relaxed human supervision is the best supervision.

#### **5. What do I do if my baby doesn’t seem to like the Sleepwrap?**

See FAQ 4 above.

Most babies love the snug, safe feeling but if your baby doesn’t seem to like the wrapping sensation simply do the same as you would when they don’t like their car seat i.e. be loving, firm and consistent as ‘you’ know your baby is safer. Since 1992 our experience tells us that the most it will take baby is 6 sleeps to get used to the ‘wrapping’ sensation when used ‘consistently’. After this it will be a blessing for all ☺ Also please consider if baby is teething or has colic at time of introduction, this may be what is making them unhappy.

## 6. My baby turns around in the Sleepwrap product – what can I do?

See FAQ 17 and 18.

The Safe T Sleep Sleepwrap product was invented by a mother as a ‘wrap’ for use **during** sleep and just the **few moments** before and after sleep. It is not intended as a restraint. Therefore if you wish to ‘help’ keep baby off the tummy you will need to follow the product instruction leaflet within the product package and also please see the safety options listed in question 16.

Somewhere between six and twelve months, babies are at the developmental stage of experimenting with varied sleep positions. Most parents prefer to keep their sleeping baby off the tummy for approximately the first nine to twelve months. A good time to encourage tummy-time and rolling over is during supervised ‘floor time’.

NB: An older baby, who can turn from tummy to back and back again and is out of the high Cot death/SIDS/SUDI risk period, can be taught to turn within the Sleepwrap and sleep in their desired sleep position.

Whether inside a Safe T Sleep Sleepwrap product or not, this developmental stage of turning would be taking place.

If you decide that your older baby, out of the high Cot Death/SIDS/SUDI risk period, can sleep in his/her preferred sleep position, ensure that the Safe T Sleep Sleepwrap product goes around the **MATTRESS REALLY TIGHTLY**, although the ‘baby wrap’ part which goes around **BABY** should only be **COMFORTABLY SNUG NOT TIGHT**, allowing a flat hand to fit comfortably between baby’s chest and the Sleepwrap.

It is accepted internationally that tummy sleeping **WITHOUT** a Safe T Sleep Sleepwrap during the high SIDS risk period (approx newborn-6 months) increases the risk of Cot Death/SIDS/SUDI as babies are more mobile on their tummies

During this stage babies may also still be at risk of creeping into awkward, cold or dangerous positions. Refer to: NZ Medical Journal 2002: 115:193-4. There is also the risk of standing, toppling, climbing and/or falling out of bed at approximately 7-9months of age.

Human supervision is the best supervision; the Safe T Sleep Sleepwrap product will give extra safety and comfort to baby and aid your peace of mind **in conjunction** with loving and regular supervision and skilled parenting techniques.

*With a Safe T Sleep® Sleepwrap® a baby is physiologically able to do everything he/she is able to do according to their age and stage of development. The only things they cannot do are those things that may put them at risk. <http://www.safetsleep.com/awards/>*

Clinically proven to help keep a young infant in a safe selected sleep position. An older child out of the high Cot Death/SIDS/SUDI risk period may be taught to turn within the Sleepwrap and sleep in their desired sleep position.

## 7. When and how is my baby able to be taught to turn within the Sleepwrap?

Babies tend to develop in 'stages' rather than ages. Once babies are between 7-9 months, have a strong neck and upper body strength control, are trying to roll over and back again simply use your observational and gut instinct by using your hands to gently teach / help baby to roll ...they usually just 'get it' quite quickly.

Pick a time when you are both relaxed and make it a little fun :)

All babies are different of course and this may be a frustrating period for everyone as they go through this developmental stage of rolling over and back again.

Whether in a Safe T Sleep Sleepwrap or not baby will be going through this stage.

Without the Sleepwrap during this stage babies may end up in awkward, cold or potentially dangerous positions. They may also be at risk of standing, climbing and falling.

This happens to nearly one in five 0-2yr olds who are hospitalized each year from falls...being just the Tip Of the Iceberg!

Lots of tummy time and floor time on a nice, clean, solid warm mat out of drafty areas encourages some roly-poly play, which can be fun and expedite this new 'sport' & developmental skill:)

## **8. How may the Safe T Sleep Sleepwrap product assist with better sleep patterns?**

Please see 'Testimonials' <http://www.safetsleep.com/pages/testimonials>

Most young babies can creep only forward or downwards and have a one-way-no-reverse-gear creeping ability during the first 12-18 months of life. They often end up with heads, legs or arms jammed into awkward and/or dangerous positions, some often ending jammed in corners, hard up against cot or bedding frame or underneath bedding, or freezing cold without any covers on.

As the Safe T Sleep Sleepwrap product will help secure the baby's position in the bed **without undue restriction**, these often dangerous or simply 'awkward' positions are prevented. Baby has a comfortable degree of natural, flexible movement in the Sleepwrap. It is normal for most babies to wake once or twice during the night and often the cosy feeling of security that the flexible boundaries of the Sleepwrap product provides, is more likely to help them to naturally fall back to sleep again with a minimum of fuss.

When your baby sleeps better, longer and more restfully, the whole family receives more sleep also.

There are hundreds of years of well documented evidence that babies respond well to the feeling of 'boundaries', 'swaddling' & 'wrapping'. The Sleepwrap offers a lovely secure, yet comfortable boundary whilst still allowing all natural SAFE movements.

## **9. Can you sleep a baby on their tummy in the Sleepwrap?**

We can give 'objective' advice only and share with you what we know from our and other parent's experiences and subsequent feedback.

Since its introduction to the market in 1992 we have heard from several mothers who have told us that tummy sleeping their baby in the Safe T Sleep Sleepwrap has worked well for them and that their babies will not settle any other way. They were aware of the back sleeping recommendation. Paediatricians sometimes recommend this for certain conditions the baby/child may have.

The Inventor's three children and a myriad of parents over a period spanning well over 25years tummy -slept their babies in the Safe T Sleep Sleepwrap. Sometimes Paediatricians may advise this also.

Also since 1992 the majority of parents that we have received feedback from have back or semi-side slept their babies in Safe T Sleep Sleepwrap. We are extremely proud of the 100% safety record since 1992.

The current recommendation is to sleep baby on their backs as Ministries of Health Worldwide gives a mandate to reach the highest risk groups, who generally are unlikely to use a Safe T Sleep Sleepwrap and are considered to need very simple messages.

## 10. Can I co-sleep with my baby?

If you choose to co-sleep choose to do so as safely as possible by minimizing risk factors:

Co-sleeping risks:

- Smoking
- Drugs and alcohol
- Overheating between adults
- Creeping and suffocating underneath bedding

Safer co-sleeping with the Safe T Sleep Sleepwrap:

- Helps prevent baby overheating as baby can be positioned next to the mother only
- Helps prevent baby creeping into dangerous positions and underneath bedding

[Read a testimonial about co-sleeping here](#)

## 11. Why use Safe T Sleep Sleepwrap products with babies 9-months or older? Or why bother using a Sleepwrap product if babies can undo the fastening strips?

The Safe T Sleep Sleepwrap product was invented as a ‘wrap’ and aid to *nurturing positive parenting* for use during sleep and the few moments before and after sleep. Good, loving, relaxed human supervision is the best supervision.

The Safe T Sleep Sleepwrap product was developed by a mother for her own children as an **AID** to positive parenting skills and safer sleeping practices. In conjunction with nurturing, trust-building, relaxed human supervision, the Safe T Sleep Sleepwrap product helps prevent cot/crib, bed, bunk falls and aids with safer more comfortable restful and secure sleep.

Just as a car seat is designed for safe travelling and not leaving baby in the car while shopping, the Safe T Sleep Sleepwrap product is designed for safe sleeping to help ensure your baby will not turn, creep, climb, fall or get cold during sleep and the few minutes before and after sleep.

Remember, the Safe T Sleep Sleepwrap product is **not** intended as a restraint for a wide-awake tossing infant. If you are experiencing sleep problems with your child, know that this is a common challenge with parenting and that there are many schools of thought and resources to assist you in the community and on the internet e.g. <http://www.theparentingplace.com/cms/> and on the web. <http://www.pinkymckay.com.au/>, <http://www.australianbabywhisperer.com.au/> <http://www.babywhispering.com/custom.cfm?&do=action&action=about>

We at Safe T Sleep (NZ) Ltd will help you where we can.

### **The KISS Solution – Keeping It So Simple with the NEW Houdini Strip:**

The little Houdini Strip will give extra closure-protection to the babywrap part of the Sleepwrap making it even safer for little Houdini's yet the product remains a comfortable 'wrap' with no harsh or potentially dangerous fixtures. It simply slips over the left side of the 'babywrap' part of the Sleepwrap and the right side of the 'babywrap' part simply slips underneath the **NEW** Houdini Strip.

Also see following Question 7.

Therefore, after you have fed, winded, changed, read and/or sang to, and cuddled baby, the last thing to lovingly and snugly wrap around your loved, relaxed, sleepy (not necessarily asleep) baby, is the Safe T Sleep Sleepwrap product. Then tuck a **large** sheet and/or breathable blanket right underneath the sides and bottom of the mattress. Then give the linen a little tug so as to allow a little natural movement. **Enquire about Safe T Sleep booklet on tips for better, safer sleeping.**

## **12. Is it possible to introduce a Safe T Sleep Sleepwrap product to a child over 12-18 months of age? And how long is it sensible to keep using it?**

Yes, provided positive, relaxed, skilled settling skills are used together with the introduction of the Safe T Sleep Sleepwrap. In our experience since 1992 it takes at the most six sleeps for babies aged around 9 months of age and older to like and benefit from the Sleepwrap sensation when used consistently and with loving, nurturing parenting skills.

Significantly the Sleepwrap is designed to 'help' settle and reassure baby and also to give parents a few extra moments to attend to their waking baby. It seems the sensation of being 'held' often helps baby to settle including during the developmental stage of standing up. Therefore after all loving parenting settling skills have been deployed and baby is relaxed and lying down, some mothers use shushing and/or the same soft piece of music or white noise and gently but firmly (without playfulness or too much eye contact) hold their hand on baby's torso for a few moments to help them settle. Then after a few moments leave baby to find his/her desired sleep position. If your baby is a little 'Jack-in-the-box' simply repeat the loving firm scenario just deployed. You can use this 'broken record' technique until baby settles, eventually consistency will win if all other needs have been met.

Although the Safe T Sleep Sleepwrap product was 'originally' designed for babies 7 months of age and older, it has been used extensively since 1992 to help prevent suffocations, which are largely the cause of SIDS (cot death/SUDI). It was invented and developed by Miriam Rutherford for her own children, a mother with a nursing background having nursed a beautiful 10 ½ month old little boy who became permanently severely brain damaged after climbing and falling from his cot/crib – see question 1, Paragraph 13 and 16.

For many babies in the 'learning to stand' stage (around 7 months old and upwards) there is an approximate period of six weeks where the brain doesn't relay how they need to sit or lie down again. This is a period which is very difficult for parents and caregivers as sleep patterns also become disrupted and when most climbing and falling injuries occur. Statistically nearly one in five 0-2 year olds are hospitalised from falls from cot/cribs and bed falls (even cots on low settings and low beds).

Using 'education through play' with a favourite toy in a relaxed way with older babies has also proven to be very effective. See

<https://cdn.shopify.com/s/files/1/0223/2655/files/Transition.pdf?18266022899632035649>

Since 1992 hundreds of thousands of caring parents and carers worldwide choose to introduce young and older babies to the Safe T Sleep Sleepwrap and little MULTIWedge for the following reasons:

1. **Extra comfort, security, safety and ease of visiting and travelling for baby.**
2. **To help ensure a nicely shaped head for baby with a Sleepwrap and little MULTIWedge combo.**
3. **Extra Peace of Mind for themselves.**
4. **More comfortable, restful, longer sleeping: See previous questions.**
5. **To help prevent falls.** Nearly one in five infants aged 0-2 years who are hospitalised from falls are from cot/crib and bed falls. Low beds and having cot/crib sides down are often not enough to prevent serious injuries. See: <http://www.safetsleep.com/pages/product-knowledge>
6. **To help keep blankets on.** Many babies love the feeling of being ‘tucked under’. Tuck a **large** sheet and/or breathable blanket right underneath the sides and bottom of the mattress. Then give the linen a little tug so as to allow a little natural movement. (**Enquire about Safe T Sleep booklet on tips for better, safer sleeping.**)
7. **Ease with transition from bassinet or hammock to cot/crib and cot/crib to ‘the big bed’.**
8. **To help prevent cot/crib and bed accidents:** most babies 12-18 months of age have only a one-way-no-reverse-gear creeping ability which often places them with heads, legs or arms jammed into awkward and/or dangerous positions. Some often ending up underneath bedding or freezing cold without their covers still on. Because the Sleepwrap will comfortably help secure the baby’s position in the bed (while still allowing a flexible natural degree of movement) these often dangerous or simply awkward positions don’t tend to happen and babies sleep longer as well as more safety.
9. **To aid with positioning** in various medical situations and/or recovery, see <http://www.safetsleep.com/pages/hospital-special-need-uses> Neonatal nurses and midwives observe babies to be physiologically very agile at a younger and younger age, some as young as just three weeks old! PREVENTION IS THE KEY!
10. **Ease of travel:** The Safe T Sleep Sleepwrap product is the most practical, compact, economical alternative to a portable cot – literally a bed in a bag! – will fit around mattresses anywhere in the world, and takes up a lot less space than a portable cot. Wonderful on boats, camper vans, holiday homes, caravans etc. So convenient for holidaying, travelling, boating, visiting and flying with babies 0-3years plus.
11. We are told that the Sleepwrap is fantastic on boats, where it is used with or without a leighcloth for newborn up to seven years of age! See <http://www.safetsleep.com/blogs/news/tagged/boats>. Also see: <http://www.safetsleep.com/blogs/news/tagged/safe-sleep>
12. **Safer co-sleeping:** After reducing the risks of smoking, drugs and alcohol the Safe T Sleep Sleepwrap reduces two further risks by allowing baby to sleep next to the mother thereby reducing the risk of overheating between two adults. The little leg piece of the Sleepwrap also reduces the risk of baby creeping down underneath bedding, a known risk. See co sleeping testimonial: <http://www.safetsleep.com/blogs/news/tagged/co-sleeping>

### 13. If I place my baby at the foot of the cot without a Safe T Sleep Sleepwrap will this guarantee his/her safety?

In our experience working with many parents since 1992 the method of feet or foot is a ‘herd principle deterrent’ and will only prevent ‘some’ babies from creeping upwards. The writer/inventor/founder of Safe T Sleep (NZ) Ltd has met four mothers who lost their babies using this method and a fifth mother (a DR) whose baby nearly did. She contacted us as to where to buy a Safe T Sleep Sleepwrap and went straight out to purchase one in Canberra, Australia.

These babies logically used this position at the foot of the cot/crib to push off against the cot/crib bars and lever themselves to turn over and/or turn themselves sideways and or face down. The eldest fatality being a beautiful little baby girl of twelve and a half months old!

Please also see Clinical Review Article – Sleep Medicine Reviews, Vol 4, No. 5, pp 453-469. doi: 10.1053/smr.v.2000.01.19, available online at <http://www.idealibrary.com>.

We would definitely recommend the use of a Safe T Sleep Sleepwrap product when positioning baby anywhere in the cot/crib but **particularly** if you are positioning baby at the lower end of the cot/crib to prevent this from happening. Also see Question 12.

### 14. Could the Sleepwrap pose any danger to my baby?

*Consistently since 1992 the Safe T Sleep Sleepwrap reaches up to 20% of all first time babies born each year in New Zealand alone. There have been no reported injuries or fatalities.*

Please also see Question: ‘Has this product had any professional testing or trialing?’

Provided the Safe T Sleep Sleepwrap product is used according to the instructions, the Sleepwrap cannot put the baby at risk. This has been established by its proven market record since 1992, product testing and fully accredited **Independent** Hospital clinical trials. Earlier trials also included many Child Health Professionals such as members of the Royal New Zealand Plunket Society, Karitane Family Units, NZRN Nurses (Community and Hospital), NZ Parent Centre, NZ Playcentres, Pediatricians, General Practitioners, Counsellors, Behavioural, Developmental and Clinical Psychologists, Psychiatrists, Midwives, Ante and Post Natal Tutors, Occupational Therapists, Management of Maternity and Neonatal Services at National Women’s Hospital, National Women’s Hospital Parent Care Support Group for Premature and High Risk Infants Inc. and from the subsequent feedback from these trials.

### 15. Can a baby overheat with a Safe T Sleep Sleepwrap product?

A Safe T Sleep Sleepwrap product itself will not cause overheating. The Original Safe T Sleep Sleepwrap fabric has been scientifically tested at the University of Otago New Zealand against five other cotton fabrics. The Safe T Sleep Sleepwrap product is made from the top quality, chemical free, 100% breathable cotton that has a specific weave. The testing shows a ‘Tog’ rating of 0.27, which breathes easily - especially important for young babies in the high SIDS risk period and for babies living in hot climates. When the wrap is over the baby the total tog equals one tog. Since 1992 thousands of young babies in Brisbane Australia, where temperatures regularly reach well around 40 degrees Celsius in summer, use Safe T Sleep Sleepwrap products.

## OVERHEATING

The most important message is to ensure that your baby is not over dressed or the room too hot and your baby's head and face are not covered when sleeping.

To check if babies are overheating, pediatricians tell us to feel the baby's back, tummy and the neck, underneath the clothes. If your baby feels clammy or sweaty you will need to remove a layer of clothing or turn down the heating and to look at the baby's colour. If red and sweaty, they are likely to be too hot. Also trust your instincts; and be aware of your own body temperature.

Consider the temperature of the room and also check the 'tog' body rating of other items your baby is wearing. This measures the breathability of the fabric. Ensure fabrics are highly breathable, preferably natural fabrics. Try to use bed linen and clothing or sleeping bags that are made from natural fibres, such as 100% chemical-free, cotton, merino or bamboo/cotton, which breathe and allow air circulation.

### **16. Can the Safe T Sleep Sleepwrap product help prevent my baby from getting cold – kicking all the blankets off?**

Yes see Question: 'What options do I have if I have a very wriggly Olympic/Houdini baby?'

Many babies like the feeling of being 'tucked in' and they sleep more restfully. The Sleepwrap may be used with all types of traditional muslin and modern babywraps, sleeping bags, pyjamas, gowns and with large natural fibre size sheets and breathable blankets. The Safe T Sleep Sleepwrap makes all these options a safer practice.

With a Safe T Sleep Sleepwrap product, almost all natural movement is possible for your baby during sleep; the Sleepwrap product holds baby gently and safely in a more secure position in any bed. It is important to tuck a **large** sheet and/or blanket, preferably a soft breathable blanket, over baby and well **underneath** the sides and foot of the mattress to hold sheets and blankets in place, also see: <http://www.safetsleep.com/collections/houdini-safety-products> . See Question: 'Why use Safe T Sleep Sleepwrap products with baby's 9-months or older? Or why bother using a Sleepwrap product if babies can undo the fastening strips?' last paragraph.

As the baby is held in the centre of the cot, they are less likely to push themselves up into corners or down into the bottom of the cot, pulling their blankets out and then waking up cold. There is hundreds of years of well documented evidence and observational experience that babies often love to be 'tucked in' even when in a sleeping bag. Remember it is unsafe to use synthetic duvets with babies under 2 years of age, because duvets are usually lightweight and too easily kicked or pulled over babies face, and they are usually not breathable.

### **17. What options do I have if I have a Premature and/or very wriggly Olympic/Houdini baby?**

#### **The Safe T Sleep Sleepwrap, swaddling wraps and sleeping bag combo Solutions:**

For Premature, younger and very wriggly babies many Mothers find using a natural, breathable fabric swaddling wrap or a good quality sleeping bag in combination with the Sleepwrap is the best solution for their wriggly baby. Safe T Sleep and SleepBug have the only fully customised beautiful cotton/merino sleeping bags see them here: <http://www.safetsleep.com/collections/sleep-bug-sleeping-bags>

See <http://www.safetsleep.com/pages/product-knowledge> and <http://www.safetsleep.com/pages/easy-to-use-instructions>

Sleepwrap models come with a clever little leg piece for extra security and support which slots easily through the Safe T Sleep Sleepwraps customised sleeping bags. Enquire about the little premature model from Safe T Sleep.

### For downward creeping babies

Simply position the Sleepwrap in the bed and use the clever little leg piece to prevent downward creeping.

**For forward creeping babies** – Simply thread the little leg piece through the back slit of the Safe T Sleep/SleepBug sleeping bag and up through the front. Safe T Sleep and Sleepbug have developed a fully customised sleeping bag for the Safe T Sleep Sleepwrap!  
<http://www.safetsleep.com/collections/sleep-bug-sleeping-bags>



Paediatricians often advise to raise the cot/crib mattress by 45 degrees for young babies suffering from REFLUX, GERD, respiratory and/or colic problems. Many parents have advised they have also found this, plus using a Sleeping bag/Sleepwrap combination is very helpful. Simply elevate the top end of baby's cot/crib by using large books or blocks underneath the cot feet.



A mother's review: "I highly recommend using a Safe T Sleep combined with a baby sleeping bag – it's the perfect combination for babies once they are no longer swaddled. It means your baby is warm and won't wake up cold, or under the covers, plus it's great to have the peace of mind that your baby is in a safe sleeping position all night. We always recommend the Safe T Sleep & sleeping bag combination for parents looking to teach their babies to sleep settle, and learn to sleep through the night".

Louise Tanguay

Dana Mitchell

"Love the Safe T Sleep! From an early age my daughter, in her gogo bag, would wriggle to the top of her bassinet, get her face stuck in the padded sides, and wake screaming. We rushed out and bought a safe t sleep and all slept better as we no longer had to worry about her. She used this until she could sit up in her cot. It was also useful when we went away as we used the extension to secure her to a single bed when we needed to."

June 10 at 10:03am •

### The Sleeping bag/ Safe T Sleep combo Solution:

When using a sleeping bag with the Safe T Sleep Sleepwrap the leg piece can be simply tucked away or for the Houdini/wriggler thread through the customised slot on the Safe T Sleep/Sleepbug sleeping bag, see: <http://www.safetsleep.com/collections/sleep-bug-sleeping-bags>  
<http://www.safetsleep.com/pages/easy-to-use-instructions>

In our experience many parents are using the combination of a **sleeping bag** with the Safe T Sleep Sleepwrap in order to keep babies from newborn to approx two years old **even safer and cosier**.

Many parents feel it is preferable to use a Sleepwrap together with a sleeping bag because:

1. They often find baby has more restful sleep. Many babies do like the feeling of being ‘tucked in’ and secure.
2. It gives them peace of mind due to many babies being able to only creep forwards and downwards in approximately the first 9-12months with the imminent possibility of the danger of positional asphyxia suffocation. Ref: NZ.MED J 2002; 115: 193-4.
3. When just in a sleeping bag alone some babies are also still able to creep, roll, stand and topple. Mothers, medical staff and professionals have reported these incidents to us. The writer has nursed these injuries; some serious.
4. Also some babies can still turn over on to their tummies which may put them at higher risk.

**NB: Remember that an older baby out of the high SIDS (cot death) risk period** can be gently taught how to turn **within** the Sleepwrap which is ideal for the development and comfort of older babies. The leg piece can be tucked away underneath the main Sleepwrap part. This allows a baby, who can roll from tummy to back and back again, to sleep in their desired sleep positions.

It is this simplicity and minimal restriction which adds to the comfort and yet security of the Safe T Sleep Sleepwrap. Also see Q#4.

## 18. Can I use the Safe T Sleep Sleepwrap in conjunction with a baby sleeping bag product? If used together, will my baby be too hot?

To check if babies are overheating, Pediatricians tell us to feel the baby’s back and the neck, and to look at the baby’s colour. If red and sweaty, they are likely to be too hot. Also trust your instincts; and be aware of your own temperature. Also check that the fabric of the sleeping bag is a natural breathable fabric. Ensure it is highly breathable, preferably natural fabric.

The special weave, tested, 100% cotton Safe T Sleep **Sleepwrap** products have been tog rated at 0.27, totaling just one tog when wrapped around baby’s chest, which means it is extremely breathable making it very suitable to be used in combination with a natural fibre approved sleeping bag for tiny babies, and also suitable in very hot climates.

## 19. What is the best way to swaddle/wrap my baby when I also want to use a Sleepwrap?

When **back**-sleeping their baby some parents prefer ‘arms down’ swaddling. When back sleeping simply tuck the little leg piece away, back underneath the main Sleepwrap part. Also see <http://www.safetsleep.com/pages/easy-to-use-instructions>



When using a Sleepwrap and especially if **side**-sleeping your baby it is best to have a breathable fabric wrap and swaddle your baby’s **arms up** high across their chest as per the instruction leaflet which accompanies the product.



Especially if baby is side-sleeping we recommend 'arms-up' swaddling as opposed to 'arms down' swaddling as this minimises the likelihood of baby turning onto the tummy during sleep. The shoulder and arm of the side that baby is positioned on must be placed forward when side-sleeping. Arms up swaddling also helps expand baby's ribcage for easier breathing and also allows for self-soothing with their little hand just as they do in the womb.

Enquire about the 'Safe T Sleep Booklet' where resources of different methods of wrapping/swaddling are given. Email [sales@safetsleep.com](mailto:sales@safetsleep.com)

## 20. Why and how should I use the Safe T Sleep MULTIWedge?

See: [https://cdn.shopify.com/s/files/1/0223/2655/files/NZ\\_Medical\\_Journal\\_Tristan\\_version.pdf?1306](https://cdn.shopify.com/s/files/1/0223/2655/files/NZ_Medical_Journal_Tristan_version.pdf?1306)  
<http://www.safetsleep.com/blogs/news/tagged/flat-heads>

To help ensure your baby develops a nice head shape and normal brain development. Prevention is nearly always better than the cure.

As you read this babies worldwide are being fitted with un-natural helmets to correct flat/deformed heads. Worldwide statistics show that up to 40% of babies 'heads' **never return** to an acceptable or attractive shape. This is a significant statistic! See list of studies:

[https://cdn.shopify.com/s/files/1/0223/2655/files/NZ\\_Medical\\_Journal\\_Tristan\\_version.pdf?1306](https://cdn.shopify.com/s/files/1/0223/2655/files/NZ_Medical_Journal_Tristan_version.pdf?1306)

For thousands of years it has been well known that the younger the baby, the softer the head. So start from when baby is very young. Prevention is definitely kinder than cure!



**THIS**



**OR**



**THIS**

As back sleeping is currently recommended for babies, it is important to alternate the babies head position at each sleep. However, not all babies keep their head on the side you turn it to and approx 30% can prefer one particular spot. This even despite turning the cot/crib or having a bright toy on alternate sides.

When babies insist on sleeping on a particular spot the Safe T Sleep MULTIWedge will gently encourage the baby's head to stay on alternate sides and help prevent a flat spot from developing. Mothers tell us that the MULTIWedge also helps to remind them which side their baby's head was turned to last.

When back sleeping the Safe T Sleep MULTIWedge can be placed on an angle behind the back of the baby's head and little shoulder. In order to anchor the MULTIWedge, tuck it **substantially underneath** the Safe T Sleep Sleepwrap (the part of the Safe T Sleep Sleepwrap that wraps around the mattress). It is unwise to have loose items or toys in the cot. When side sleeping baby the little MULTIWedge can be tucked into baby's back.

## 21. How can the Safe T Sleep Sleepwrap & MULTIWedge products help prevent & correct flat & misshapen heads?

Simply by helping to ensure you can vary baby's head and/or body position at alternate sleeps. When back-sleeping, some babies respond to alternate head turning, but many revert back to a favourite spot during sleep. Globally well over 40% of flat and misshapen heads do not "come right". 4.2% globally need surgery as the brain cannot grow properly. See: <http://www.safetsleep.com/pages/testing-trialing-safety-compliance>

One of the many benefits of the Safe T Sleep Sleepwrap product is that it is a safe and very useful adjunct to keeping an infant in a selected sleeping position.

Many mothers have remedied existing flat and misshapen heads in this way but **prevention** is better and much kinder than the **cure**.

### When needing to help 'correct' flat/misshapen (deformed) heads

Although originally **not** designed for this purpose Safe T Sleep has worked with hospital cranio-facial plastic surgery clinics on a referral basis for over three years. Out of fifty four babies referred between the ages of 6 to 15months, who were scheduled for helmet therapy! (and two for surgery) only one baby still needed surgery. See: [https://cdn.shopify.com/s/files/1/0223/2655/files/NZ\\_Medical\\_Journal\\_Tristan\\_version.pdf?1306](https://cdn.shopify.com/s/files/1/0223/2655/files/NZ_Medical_Journal_Tristan_version.pdf?1306)

Read and follow the product instructions carefully. Depending on the age and stage of development of the baby and in order to assist alternate side-sleeping, it may be necessary, to use in conjunction with the Sleepwrap the following:

1. Rolled up towels wedged at the back and/or front of the baby.
2. Safe T Sleep MULTIWedge
3. It may also help to fold a single sheet vertically in half, place the sheet underneath the mattress, fold one side of the sheet across the baby and tuck into the opposite side of the mattress, then tuck the last side of the sheet into the side of mattress that the baby is facing.

NB: For extra safety, any props used in your baby's bed may need to be anchored down with good quality fastening tapes or Houdini Stop products <http://www.safetsleep.com/collections/houdini-safety-products> If you need further assistance, please do not hesitate to contact the Safe T Sleep (NZ) Ltd office on [sales@safetsleep.com](mailto:sales@safetsleep.com) or phone +64 (0) 9 299 7589

## 22. Why do I need to use a Safe T Sleep Sleepwrap product to correct a flat head when Doctors and Surgeons suggest a 'helmet'?

Does a helmet seem comfortable and natural? How is your baby reacting to the helmet? Parents tell us their baby's are advised to wear this unnatural helmet for 23hours a day! Most babies get a better night's sleep, using a nice, comfortable cotton Sleepwrap, rather than cumbersome helmet on his/her head.

Wearing a helmet to correct a flat/deformed head seems very unnecessary trauma for parents and babies.

Please refer to these Frequently Asked Questions above for more information about correcting flat heads or see <http://www.safetsleep.com/pages/testing-trialing-safety-compliance> and <http://www.safetsleep.com/blogs/testimonials> from mothers who have used the Safe T Sleep Sleepwrap product to help correct flat heads.

Remember prevention is better than cure.

### **23. How long will it take to correct my baby's flat head? Is my child too old for the Safe T Sleep Sleepwrap and/or MULTIWedge products to work on his flat head?**

We have worked with parents who have been able to correct this problem with their babies even up to the age of 15 months. With a baby of under approx 4-9months of age, it should only take approximately 3 – 4 months, maybe a little quicker. The key is to ensure that you read the simple instructions thoroughly on the instruction leaflets. And also see other options listed in Question 12.

You may find it helpful to read about the Safe T Sleep MULTIWedge which came about as a result of demand from parents, whose babies to continue to lie on the flat spot. <http://www.safetsleep.com/collections/best-safe-t-sleep-core-products/products/headwedge?variant=335505881>

### **24. Can I put my baby straight into a cot (rather than bassinet first)?**

Yes many parents decide to put their baby straight into a cot/crib and make a nice cosy 'nesting' place using the Safe T Sleep Sleepwrap. Also see Question 3.

There is no absolute need to buy a bassinet plus all that goes with it, saving you a few hundred dollars!

Parents also use the Safe T Sleep Sleepwrap product on 'big' beds rather than buying a portable cot when travelling/or visiting, saving another few hundred dollars.

### **25. The fastening strips seem very noisy.**

It may take your baby four to six sleeps before she/he is totally relaxed in the Safe T Sleep Sleepwrap product and becomes used to the unfastening noise. Our primary concern and objective is the safety of babies of course and if you open the strips slowly, rolling it back baby will soon become used to the sound.

You may also become quite adept at holding the fastening pieces down quite firmly and gently opening them while distracting your baby with gentle sounds and/or singing?

### **26. Can I use a Safe T Sleep Sleepwrap and Monitors together?**

Paediatricians often advise parents to use a Safe T Sleep Sleepwrap and a breathing monitor together to help keep the monitor in place more securely.

Many parents over the years have had great success with this as the Safe T Sleep Sleepwrap helps to maintain the position of a breathing monitor. This means fewer false alarms, more restful sleep and even more peace of mind for parents.

A good quality monitor is also a wonderful aid to use together with the Safe T Sleep Sleepwrap as it will alert you to your baby waking. When you attend to baby quickly in a relaxed way this will build 'trust' and your baby will build a positive sleep association with the Sleepwrap 😊

There are many good quality monitors on the market and remember these are also just an 'aid' to be used together with nurturing, positive, trust building parenting. **Nothing replaces diligent, caring human supervision.**

## 27. At what age should I wean my baby out of the Safe T Sleep Sleepwrap?

As babies are so unique there is no 'should' set age. Watch your baby/child and trust yourself with what you observe. If your baby seems happy, relaxed, comfortable, cosy, contented and is 'sleeping like a baby' then let your baby/child decide when they have had enough.

Most mothers, in our experience like to use the Sleepwrap for safer sleeping from bassinet or hammock to cot/crib and then the transition from the cot/crib to the 'big bed'.

The usual age that babies/toddlers seem to like the comfort and security of the Sleepwrap is from approximately newborn to two or three years of age.

However, for boaties the Sleepwrap's are used for children up to 6-7years of age. See: <http://www.safetsleep.com/boating/>

"As the designer and developer of the Safe T Sleep Sleepwrap all my three children were safely able to 'move on up to the big bed', at fifteen months with their Sleepwrap without fear of them creeping, rolling or falling. My eldest son was just over two years old and my other son just under two years old when they were happy to sleep without their Sleepwrap. My daughter, at age three and a half, on the other hand, loved her Sleepwrap so much that she would put it on and off herself. With her I just pretended the Sleepwrap was in the wash and still wet for three weeks. After this she forgot about the Sleepwrap and this seemed a gentle way of weaning her out of the Sleepwrap. Although I need not have worried as people with boats, including the last two America's Cup families used the Sleepwrap with their babies on their boats from newborn up to seven years of age". ☺ see <http://www.safetsleep.com/pages/facebook-reviews>



## 28. Is it safe to use a 'second hand' Safe T Sleep Sleepwrap?

It is unwise and unsafe to use Safe T Sleep Sleepwrap products for more than four years. After this lifespan the fabric weave consistency cannot continue to provide firm, wide band. This could put babies at risk as the well used; now flimsy fabric may bunch up into a narrow cord which may cause localised constriction and/or pressure around the baby's chest and tummy.

After four years the automatic fastening strips and fabric will eventually loose their strength, and grip and safety may be compromised. See <http://www.safetsleep.com/pages/product-knowledge>

Incorrect, untested fabric and dimensions may place babies at risk. After four years of use the product has provided an extremely economical and versatile life span.

## 29. Is my side sleeping baby safer in a Sleepwrap?

Yes provided the very simple instructions are carefully followed and mainly because baby is less likely to roll onto the tummy. The 'back sleeping position' is internationally recommended as the safest sleeping position currently, due to a baby being less likely to turn on to the tummy from a back position than from a side position. This is assuming the baby does not have their own Safe T Sleep Sleepwrap.

If you or your Paediatrician chooses or recommends side sleeping for your baby, then to ensure a safer side-sleeping position, simply place baby's underarm and shoulder forward and follow the simple product instructions enclosed with the original Safe T Sleep Sleepwrap product. See FAQ #14

Also if using a swaddling product ensure that baby's arms are gently wrapped up high across the chest. We recommend 'arms-up' as opposed to 'arms down' swaddling when side-sleeping as this minimizes the likelihood of baby turning onto the tummy during sleep.

When the Sleepwrap part wraps over and just up underneath baby's arms, this will ensure comfortable and safer movement. The little Safe T Sleep MULTIWedge may be tucked in behind baby's back.



Alternate baby's side at each sleep to help ensure a nicer head shape. Some parents occasionally position baby on the back to sleep as well.

**NB:** if you have a wriggly, Olympic baby! It is important to see Q#4 and #16.

### **30. How can I introduce the Sleepwrap to my older baby?**

To introduce a Safe T Sleep Sleepwrap product to an older child, simply use education through play, by using a favourite toy or teddy and explain how the Sleepwrap product will keep them safe and warm, showing how teddy loves the Sleepwrap product etc. An older child may have control over its use and may be taught to turn within the wrap.

Remember to carefully read product instructions. See last paragraph Q#16.

FOR FURTHER INFO PLEASE CONTACT US: <http://www.safetsleep.com/pages/contact-us>