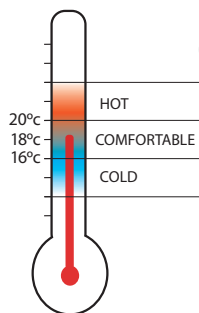


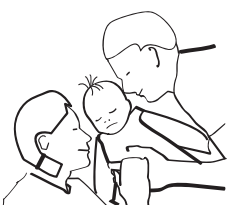
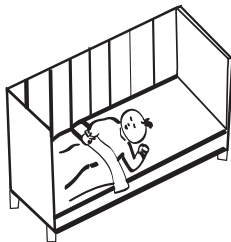
Safe sleeping practices

- 1 Don't let anyone smoke tobacco or any other substances in the same room as your baby



- 2 Don't let your baby get too hot or too cold

- 3 Place your baby on their back in the feet to foot position



- 4 Don't share a bed with your baby. For the first 6 months the baby should sleep in a cot in a room with you

Safety issues

If you choose to use drugs, prepare and plan for someone to be there who can look after your child/children

Always ensure that ALL drug paraphernalia is out of reach of your child/children

NEVER GIVE YOUR BABY/CHILD DRUGS OR ALCOHOL TO SETTLE THEM – IT COULD KILL THEM

Useful numbers

NHS Direct
0845 46 47

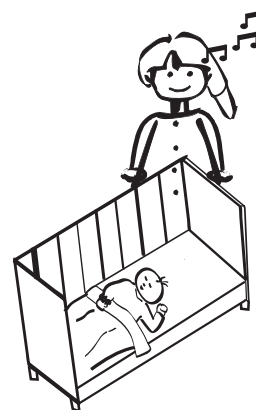
Surrey Drug Care
01483 300112
(24-hour helpline)

Parentline Plus
0808 800 2222
(freephone 24-hour helpline)

CRY-SIS
08451 228669
(9am-10pm helpline)

Ways to settle your baby

- 1 Walk or rock your baby gently



- 2 Sing or talk to your baby



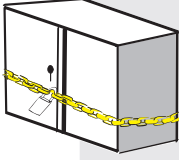
- 3 Gently stroke your baby in a relaxing and rhythmical way



- 4 Establish good sleeping patterns with set rituals such as dim lights, regular feeding and dressing your baby in comfortable pyjamas

Always store your medication and drugs out of your child's reach

In a child-proof medicine cabinet

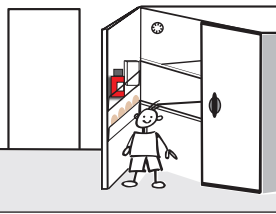


OR

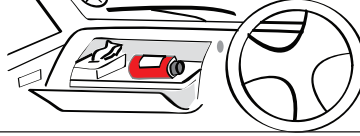
In a locked cupboard in a high location



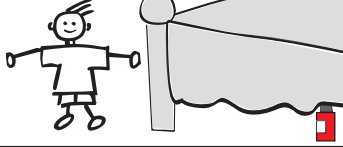
Don't keep methadone in the fridge



Don't keep it in the car glove box



Don't keep it under your bed



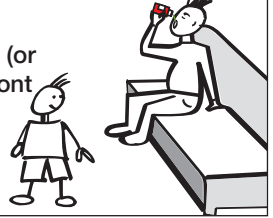
Don't keep it in your handbag



Don't put it into other containers – it could be mistaken for something else and taken by accident



Don't take your methadone dose (or other drugs) in front of children



NEVER GIVE METHADONE / DRUGS TO YOUR CHILD

Advice for parents on storing methadone and other drugs, safe sleeping and routines for settling babies



SAFE



THEM



KEEP

NHS

SURREY
DRUG &
ALCOHOL
ACTION
TEAM

surrey safeguarding
CHILDREN BOARD

Ring 999 immediately if your child has swallowed methadone or any other drug



Even small doses of methadone and/or other drugs can seriously harm or kill YOUR baby or child

If your child has swallowed methadone or other opiates (i.e. Subutex or heroin) they may:

- turn pale
- develop a cold, sticky sweat
- become unconscious or cannot be woken up
- make unusual snoring/gurgling noises or breathe with difficulty.

If you think your child has swallowed methadone or any other drug, call an ambulance immediately.

Take the methadone/drug container with you and tell the hospital staff what time your child swallowed the methadone/drug and the amount.