ORBIT · FREE SAMPLE

When to Call & Safe Sleep

The two fridge lists and the safe-sleep ABCs from Parenthood 2027: Mom's Side & Dad's Side, free.

IN THIS FREE SAMPLE

01 When to call: pregnancy and baby warning signs

02 The ABCs of safe sleep (AAP & NHS)

THE FULL GUIDE — PARENTHOOD 2027 (36 PAGES)

- Pink Mom's Side and blue Dad's Side halves, plus the Parent Mode quiz
- Mom's Side: pregnancy, birth, recovery, mental health, feeding
- Dad's Side: birth partner, newborn skills, leave, wellbeing
- Raising Them Together: sleep, fever, gear, solids, milestones, tantrums
- 2026 recap & 2027 outlook, checklists, trackers, glossary

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(000) WHEN TO CALL

The two lists to stick on the fridge

Most worries turn out fine. These are the ones you check the same day — or immediately.

Pregnancy: call your maternity unit or emergency services

- [ ] Vaginal bleeding or fluid leaking
- [ ] Baby moving less, or a change in the pattern of movements — don't wait until the next day (NHS)
- [ ] Severe headache, vision problems, sudden swelling of face/hands/feet (possible pre-eclampsia)
- [ ] Severe or persistent tummy pain
- [ ] Fever, or feeling very unwell
- [ ] Itching, especially on hands and feet, later in pregnancy
- [ ] Thoughts of harming yourself — at any stage

NO SUCH THING AS A SILLY CALL

Baby: get urgent medical help

- [ ] Any baby under 3 months with a temperature of 38°C / 100.4°F or higher
- [ ] Breathing difficulty, grunting, blue or grey lips
- [ ] Floppy, unusually sleepy or hard to wake
- [ ] Fewer wet nappies/diapers, refusing feeds, persistent vomiting
- [ ] Yellow skin or eyes in the first day, or jaundice that is worsening
- [ ] A rash that doesn't fade under a pressed glass
- [ ] Your gut says something is wrong

> Save these numbers now: your maternity triage line, your doctor/clinic, the local emergency number, and a non-emergency health advice line (e.g., NHS 111 in England). **You are never "wasting their time."**

(TOGETHER) SAFE SLEEP

The ABCs of safe sleep

SIDS (sudden infant death syndrome) is rare, and these steps from the AAP and NHS make it rarer still.

A

Alone

Own sleep space — a crib, cot or bassinet. AAP: in the parents' room, ideally for the first 6 months.

B

Back

Every sleep, naps included, until baby rolls both ways on their own.

C

Clear & flat

Firm, flat mattress with a fitted sheet. No pillows, bumpers, quilts, toys, or inclined sleepers.

Also proven to lower risk

- [ ] No smoking in pregnancy or around baby
- [ ] Avoid overheating; no hats indoors for sleep
- [ ] Feet-to-foot position if using a blanket, tucked no higher than the shoulders — or a well-fitting baby sleeping bag
- [ ] Offer a pacifier/dummy at sleep time if you use one (once breastfeeding is established)
- [ ] Never sleep with baby on a sofa or armchair — the highest-risk place
- [ ] Car seats are for travel, not routine sleep

EVIDENCE CHECK

About gadgets

AAP advises against using home cardiorespiratory or "smart" monitors as a way to reduce SIDS risk. Some devices have regulatory clearances for specific purposes, but none replace the basics. Wedges and positioners: avoid.

If you might fall asleep feeding

Feed in bed rather than on a sofa, and move pillows and covers away. When you wake, put baby back on their back in their own space.