



Suffolk & Essex Coast & Heaths National Landscape

Hedgehogs

Hedgehogs can be found all over the UK. They are nocturnal, meaning they are active at night. They build nests out of twigs and leaves, which they use to sleep in during the day & keep warm when hibernating over winter.

Baby hedgehogs are called 'Hoglets'. Females can have up to 2 litters of hoglets a year, with usually 4-5 hoglets in each.



Hedgehogs travel up to 2 miles in a night, hunting for beetles, earwigs, earthworms, slugs and many more invertebrates.

When they feel scared, hedgehogs curl up into a tight ball. Up to 7000 spines on their back help to protect them from predators!



Hedgehogs are vulnerable to extinction in the UK. This is due to many factors like:

- Destruction of habitat
- Pesticides wiping out their food
- Increased road traffic

How can we help Hedgehogs?



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Hedgehogs rely on eating insects, so managing your garden for all wildlife will really help them:

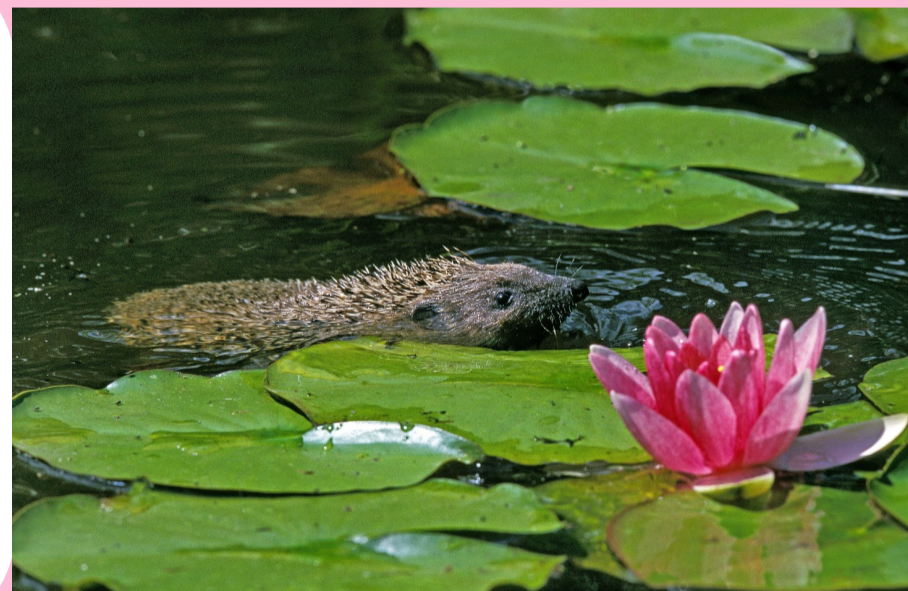
- **Leave fallen leaves**
- **Create log piles**
- **Grow native wild flower areas**



As hedge hogs travel so far at night, one garden is often not big enough. Talk to your neighbours about creating 'Hedgehog Highways'. Holes in fences the size of a CD connect gardens, allowing hedgehogs to roam freely.

Make your garden safer.

- 1) Put a ramp into your pond. Hedgehogs can swim a little bit, but they need an easy way to get out.**
- 2) Avoid using chemicals. Pesticides and slug pellets poison the creatures that hedgehogs eat.**
- 3) Always check for creatures before lawn mowing, or even better, let your grass grow wild!**



For more ways to help hedgehogs, scan the QR Code!

