

Monday, 20 January 2025

You can reduce the risk of

Sudden infant death

The safest place for your baby to sleep is on their back in a Moses basket or cot in the same room as you for the first six months, even during the day.

Never, ever fall asleep with your baby on an armchair or sofa.

Never, ever allow anyone who has been smoking, drinking or taking drugs (including medication) to share a bed with your baby.

HSC Public Health Agency
Produced by the Public Health Agency www.publichealth.hsc.ie

This updated version of the poster provides information on the risks of sudden infant death. The leaflet has also been updated to highlight the risk of co-sleeping.

[Access information for health professionals.](#)

Details

Format

1/3 A4 leaflet, A3 poster

Target group

Parents

Downloads

Attachment

Size

[Safer Sleeping leaflet](#) 341.3 KB

[Safer Sleeping A3 poster](#) 1.28 MB

Tags

- [SIDS](#)
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- [safe sleeping](#)
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