

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.



Top Tips

- Put your baby in a Moses basket or cot in your room for the first six months
- Place your baby to sleep on their back in the 'feet to foot' position (feet touching the bottom of the cot)
- Use a light blanket firmly tucked no higher than the baby's shoulders and a clean, firm, well-fitting mattress

- Don't sleep with your baby on an armchair or sofa
- Don't allow your baby to share a bed with anyone who has been smoking, drinking alcohol or taking drugs (including medication)
- Breastfeed if you can and put your baby back to sleep in their cot after feeding.

Do

- ✓ Put your baby to sleep in a Moses basket or cot in your room for the first six months.
- ✓ Place your baby to sleep on their back in the 'feet to foot' position (feet touching the bottom of the cot).
- ✓ Use a light blanket firmly tucked no higher than the baby's shoulders.
- ✓ Use a clean, firm, well-fitting mattress.
- ✓ Breastfeed if you can, and put your baby back to sleep in their cot after feeding.
- ✓ If using a baby sleeping bag, make sure it is fitted with neck and armholes, and no hood.

Don't

-  Sleep with your baby on an armchair or sofa.
-  Allow your baby to sleep alone in an adult bed.
-  Allow your baby to share a bed with anyone who has been smoking, drinking alcohol, taking drugs (including medication) or is feeling overly tired.
-  Cover your baby's head.
-  Allow anyone to smoke around your baby.
-  Allow your baby to become overheated.
-  Leave your baby sleeping in a car seat for long periods or when not travelling in the car.
-  Put pillows, loose blankets, cot bumpers or sleep positioners in your baby's cot.

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