



# 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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