

# 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.



## Do

- ✓ For at least the first six months your baby must be in the same room as you or their carer for every sleep (day and night). Your baby must have a clear, flat sleep surface (no pillows, no quilts or duvets, no bumpers, no pods, nests or sleep positioners).
- ✓ 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, because it reduces the risk of sudden infant death.
- ✓ Put your baby back to sleep in their cot after any feeding.
- ✓ If using a baby sleeping bag, make sure it is fitted with neck and armholes, and no hood.

## Don't

- ✗ Allow your baby to share a bed with anyone who has been smoking, drinking alcohol, taking drugs (including medication) or is feeling exhausted.
- ✗ Sleep with your baby on an armchair or sofa.
- ✗ Allow your baby to sleep alone in an adult bed.
- ✗ Cover your baby's head.
- ✗ Allow anyone to smoke around your baby.
- ✗ Allow your baby to become overheated as they can't control their own body temperature.
- ✗ 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.

## **Tips for safer bedsharing**

- Put your baby on their back in a clear, flat sleep space.
- Keep pillows and adult bedding away from your baby to avoid obstructing breathing or overheating.
- Do not leave your baby alone in an adult bed.
- Make sure your baby cannot be trapped, wedged or fall out of bed or get trapped between the mattress and wall.
- Do not have other children or pets sharing the bed as this may lead to suffocation or overheating your baby.

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