

# Safer sleep for babies

## Things you can do



- ✓ Always place your baby on their back to sleep



- ✓ Keep your baby smoke free during pregnancy and after birth



- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



- ✓ Breastfeed your baby



- ✓ Use a firm, flat, waterproof mattress in good condition



## Things to avoid



**X** Never sleep on a sofa or in an armchair with your baby



**X** Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



**X** Avoid letting your baby get too hot

**X** Don't cover your baby's face or head while sleeping or use loose bedding

## You should follow the advice for all naps, not just for night time sleep

**Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.**

**You can also talk to your midwife or health visitor if you have any questions or concerns or get in touch with us**

**Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)**

**Telephone: 0808 802 6869**

**Website: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)**