

To reduce the risk of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:

Put your baby on their back for every sleep

In a clear, flat, separate sleep space

Keep them smoke free, day and night

Babies need a sober carer to respond to their needs



Basis
Baby sleep info source



Some parents choose to share a bed with their baby. Be aware – you should not share a bed with your baby if:

- You have recently drunk any alcohol
- You or anyone in the bed smokes, or the baby was exposed to smoking in pregnancy
- You have taken any drugs that make you feel sleepy or less aware
- Your baby was born prematurely or very small

Sofas and armchairs are dangerous places to fall asleep with your baby. If you feel you might fall asleep, put your baby in a safer sleep space.

Things to remember if **bedsharing**



Check that baby can't become trapped, wedged or fall out of bed.

Never leave baby alone in an adult bed.

Keep pets and other children away from sharing the bed.

Keep pillows and adult bedding away from baby.

