

# Safer sleep advice for emergency situations

the  
lullaby  
trust

A guide for parents  
and carers



Shared  
Health  
Foundation.

## Who are The Lullaby Trust?

The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS, also known previously as 'cot death'), provides expert advice on safer sleep for babies and offers emotional support for bereaved families.

## What is SIDS?

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason. Although we don't yet know how to completely prevent SIDS, it is possible to make it much less likely to happen by following our safer sleep advice.

## Follow the ABCs for every sleep



**Always**  
sleep your  
baby

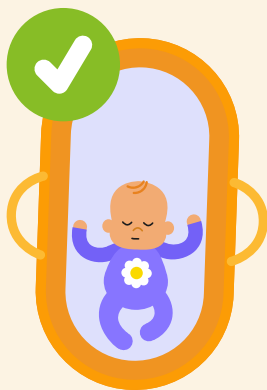


on their  
**back**



in a **clear**  
cot or sleep  
space.

## Cots & Moses baskets



Baby needs a **clear, firm, flat surface** and **well-fitted bedding**.

## Keep baby's sleep space clear





Baby should sleep with their **feet at the bottom of their cot.**

**Sheets and blankets** should be **firmly tucked in** below baby's shoulders.

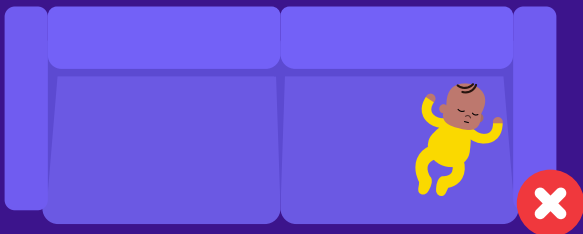


**Always sleep your baby on their back**



## Sharing a bed

Never sleep on a sofa or armchair with your baby.



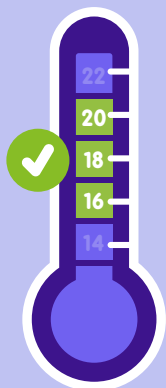
Make sure baby won't fall out of bed or get trapped between the mattress and the wall.

## Prams/carrycots

Keep **pram/carrycot flat, clear and uncovered** while baby is sleeping.



## Temperature



Check your baby is **not too hot or cold**.



**Remove hats** when baby is indoors.



**No pods, nests or  
sleep positioners**



Follow all  
of our safer  
sleep advice  
for **every**  
sleep.



**Shared  
Health  
Foundation.**

This resource is produced by  
The Lullaby Trust, with support  
from the Shared Health Foundation:  
[sharedhealthfoundation.org.uk](https://sharedhealthfoundation.org.uk)

**If you have any questions or  
concerns about safer sleep,  
please contact:**

**The Lullaby Trust  
0808 802 6869  
[info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)**

**Follow us on Instagram and  
Facebook where you can message  
us with any questions @lullabytrust**

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## **Brought to you by The Lullaby Trust**

The Lullaby Trust is a charity that keeps babies safe, and grieving families supported. We believe in empowering families with expert advice, giving them a safer start to life.

**T: 020 7802 3200**

**Information line: 0808 802 6869**

We have access to translation services.



**@lullabytrust**

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