

Alcohol

and caring for your baby

Planning ahead for a sober carer



- Alcohol has an impact on the skills needed to care for your baby and can impact your decision making and judgment skills.
- **There should always be a sober adult to care for your baby.** This is someone who hasn't drunk any alcohol or taken any recreational drugs.
- Unplanned changes to your routine can lead to an increased risk to babies.

It is important to plan ahead so that you are able to follow Scottish Government/NHS Scotland safer sleep advice:



- Place your baby to **sleep on their back.**
- **In their own separate, clear, flat, firm sleep space,** such as a cot or Moses basket. Scotland's Baby Box has its own safer sleep information.
- **In the same room as the sober adult looking after the baby.** Babies should be in the same room as their carer/s for the first six months for sleep, day and night.
- A travel cot or carrycot is helpful when away from home.

For more information on alcohol, speak to your GP. Learn more at: lullabytrust.org.uk or call 0808 802 6869

Co-sleeping

If anyone in the bed has drunk any alcohol it is very important to put your baby in their own separate sleep space. Planning ahead means this is more likely to happen.

It is dangerous to fall asleep with your baby if:

- They were premature or weighed under 2.5kg or 5.5 pounds when they were born.
- If anyone in the bed:
 - has recently drunk any alcohol.
 - smokes or the baby was exposed to smoking in pregnancy.
 - has taken drugs or medication that makes them drowsy or less aware.



Sofas and armchairs are dangerous places to fall asleep with your baby. The risk of sudden infant death syndrome is 50 times higher for babies when they sleep on a sofa or armchair with an adult.



Produced with funding from the Scottish Government

 Scottish Government
Riaghaltas na h-Alba

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