



**Parent
Club**



Basis
Baby sleep info source

NHS
SCOTLAND

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

Put them 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



Scottish Government
Riaghaltas na h-Alba
gov.scot

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 your partner smoke
- 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 always dangerous places to fall asleep with your baby – move somewhere safer if you might fall asleep.

Things to remember if bedsharing

Keep pets away from the bed and do not have other children sharing the bed

Check that baby cannot become trapped in the bedframe or headboard, wedged, fall out of bed or get stuck between the mattress and the wall

Keep pillows and adult bedding away from baby

Follow the tips if you think you might fall asleep with your baby in the bed

Never leave your baby alone in an adult bed