

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



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



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



Avoid letting your baby get too hot
Don't cover your baby's face or head while sleeping or use loose bedding

Follow the advice for every sleep, day and night

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

 020 7802 3200
 office@lullabytrust.org.uk
 www.lullabytrust.org.uk

