## Safer sleep for babies Things you can do



Always place your baby on their back to sleep





Breastfeed your baby



Keep your baby smoke free during pregnancy and after birth



Use a firm, flat, waterproof mattress in good condition

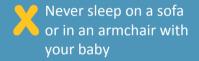


Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



## Things to avoid







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 yourbaby get too hot

 Don't cover your
baby's face or head while sleeping or use loose bedding

## You should follow the advice for all naps, not just for night time sleep

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 Email: info@lullabytrust.org.uk Telephone: 0808 802 6869 Website: www.lullabytrust.org.uk

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