

Safer Sleep for Babies

**Every year in the UK, 300 babies die
unexpectedly in their sleep**

The safest place for your baby to sleep is in a cot in your room

Sleeping with your baby can increase the risk of sudden infant death.

Sleeping with your baby if you are a smoker or have been drinking alcohol can further increase the risk of sudden infant death.

Do not share a bed with your baby while under the influence of;



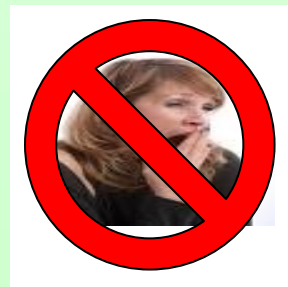
Drugs or prescribed medication that cause drowsiness



Alcohol



Or you are or have been smoking

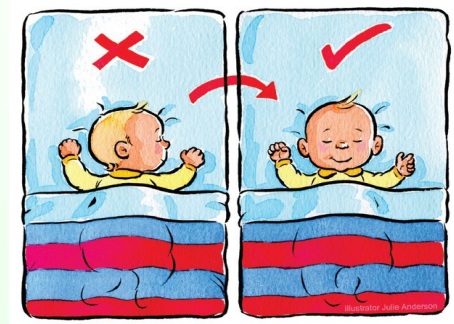


Or if you are excessively tired

To reduce the risk to your baby, follow the dos and don'ts below:

Do

- place your baby to sleep in a cot, crib or Moses basket on a clean, firm waterproof mattress
- place your baby on their back with their feet at the end of the cot, 'feet to foot'
- keep the house smoke free
- breastfeed your baby if you can
- make sure anyone caring for your baby knows the dos and don'ts of safe sleeping



Recent research suggests that it is possible that using a dummy when putting a baby down to sleep might reduce the risk of Sudden Infant Death Syndrome (SIDS). If you choose to use a dummy, wait until breastfeeding is well established (usually around 4 weeks old).

Don't

- sleep with your baby in a chair or sofa or in your bed
- let your baby get too hot
- cover your baby's face or head while they sleep or use loose bedding such as quilts, cot bumpers, pillows or cot drapes in your baby's cot
- put your baby to sleep in a car seat or pushchair
- allow pets into your baby's bedroom

Remember that Sudden Infant Death is rare, but do share this information with anyone caring for your baby or any other young baby.

Following the dos and don'ts reduces the risk so please don't let worrying about it stop you enjoying your baby.

Further information can be found on the following websites:

www.lullabytrust.org.uk
Www.isisonline.org.uk

And through discussion with your midwife or health visitor.

The Safe Sleeping Campaign is supported by Hartlepool Safeguarding Children Board.
Find out more at:

www.lscbhartlepool.org

With thanks to Hertfordshire Safeguarding Children Board for use of their material

