“Sleep safe, sleep sound, share a room with me”

The Safest Place for your baby to sleep is in a cot in your room for the first six months

Helpline 0870 787 0554

The Foundation for the Study of Infant Deaths
Giving babies the chance of a lifetime

FSID, Artillery House, 11-19 Artillery Row, London SW1P 1RT. Telephone 0870 787 0885
Helpline 0870 787 0554 www.sids.org.uk fsid@sids.org.uk Registered charity 262191

Supported by
“Sleep safe, sleep sound, share a room with me”

Don’t share a bed with your baby if you or your partner have been drinking alcohol.

Don’t share a bed with your baby if you or your partner are excessively tired.

Don’t share a bed with your baby if you or your partner have been taking medication or drugs that make you drowsy.

Never share a bed with your baby if you are a smoker. This is very dangerous no matter where or when you smoke, even if you never smoke in bed.

Watch out for accidents! There is a risk you might roll over in your sleep and suffocate your baby, or your baby could get caught between the wall and the bed, or could roll out of your bed and be injured.

The safest place for your baby to sleep is in a cot in your room for the first six months.