Safer sleep for babies

Things You Can Do:

✔ 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, if you can
✔ Use a firm, flat, waterproof mattress in good condition

Always place your baby on their back to sleep

the lullaby trust

safer sleep for babies – support for families
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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