



Safer sleep for babies things you can do



Always place your baby on their back to sleep, day and night



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



Keep your baby smoke free during pregnancy and after birth








Breast feeding lowers the risk of Sudden Infant Death Syndrome



Use a firm, flat, waterproof mattress in good condition, day and night. Keep pillows, duvets, thick heavy bedding, wedges, straps, cot bumpers and soft toys out of baby's cot.

✗ Safer sleep for babies things you must not do

	<p>Never sleep on a sofa or in an armchair with your baby</p>
	<p>Do not sleep in the same bed as your baby if you smoke, drink, or take drugs, or if your baby was born prematurely or was low birth weight</p>
	<p>Do not let your baby get too hot or too cold</p>
	<p>Do not cover your baby's face or head while sleeping, or use loose bedding</p>
	<p>Do not prop feed your baby</p>