

You can reduce the risk of

## Sudden infant death



The safest place for your baby to sleep is on their back in a Moses basket or cot in the same room as you for the first six months, even during the day.

**Never**, ever fall asleep with your baby on an armchair or sofa. 

**Never**, ever allow anyone who has been smoking, drinking or taking drugs (including medication) to share a bed with your baby. 



 HSC Public Health Agency  
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# Safer sleeping - Reducing the risk of sudden infant death

This leaflet and poster provide information on the risks of sudden infant death. The leaflet has also been updated to highlight the risk of co-sleeping.

Click here to [access information for health professionals](#).

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18 December 2025

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## Details

Format

1/3 A4 leaflet, A3 poster

Target group

Parents

## Downloads

Attachment	Size
<a href="#">Safer sleeping leaflet - Reducing the risk of sudden infant death (December 2025)</a>	325.78 KB
<a href="#">Safer sleeping poster - Reducing the risk of sudden infant death (December 2025)</a>	1.09 MB

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