

Thursday, 18 December 2025

## [Nursing](#)

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  
Produced by the Public Health Agency - [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

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](#).

## Details

Format

1/3 A4 leaflet, A3 poster

Target group

Parents

## Downloads

<b>Attachment</b>	<b>Size</b>
<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

## Tags

- [SIDS](#)
- [card](#)
- [poster](#)
- [safe sleeping](#)
- [co-sleeping](#)
- [SIDS](#)

[Print](#)