

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.



Tips for safer bedsharing

- Put your baby on their back in a clear, flat sleep space.
- Keep pillows and adult bedding away from your baby to avoid obstructing breathing or overheating.
- Do not leave your baby alone in an adult bed.
- Make sure your baby cannot be trapped, wedged or fall out of bed or get trapped between the mattress and wall.
- Do not have other children or pets sharing the bed as this may lead to suffocation or overheating your baby.

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