

# 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.



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### 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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