

Safer sleeping

Safer sleeping helps reduce the risk of sudden infant death (SIDS). Find trusted information, guidance and resources to help you create a safe sleep environment for your baby.

Who is this page for?

This page provides information for expectant parents, parents, carers, families and health and social care professionals caring for babies.

Why is safer sleeping important?

Following safer sleeping advice can help reduce the risk of sudden infant death (SIDS) also known as cot death.

Creating a safe sleep environment from birth helps protect your baby during every sleep, day or night.

Key safer sleeping resources



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.



Birth to five

This book provides information on caring for children up to five years old and contact details for useful organisations. It is available to new parents resident in Northern Ireland through primary care services (antenatal clinics, GPs or health visitors).

For professionals

It is recognised that consistent messages about safer sleeping should be provided regularly both in the antenatal period and postnatally. The Public Health Agency, in

consultation with practitioners from the key disciplines across all five HSCTs, have developed two new resources to assist practitioners in “having the conversation as opposed to just delivering the message.”

The resources include a Parent Information Card and a Risk Assessment Tool for professionals.

A brief guidance document to support practitioners in the use of the resources is also included.

- [Reducing the risk of sudden infant death: SIDS risk assessment tool for professionals \(January 2025\)](#)
- [Promoting safer sleeping for infants and reducing the risk of sudden infant death: guidance for professionals \(January 2025\)](#)
- [Safeguarding children and young people](#)
- [Festive routines may change, safe sleep shouldn't: PHA advice for parents \(December 2025\)](#)

Last reviewed
05 October 2026

Related content

- [Family Nurse Partnership \(FNP\) Programme](#)
- [Safeguarding children and young people](#)