

Updated September 2022

Safer sleeping

Reducing the risk of sudden infant death

The risk of sudden infant death is very low. Most sudden infant deaths happen during the first six months of a baby's life during normal sleep, which is why it is sometimes referred to as 'cot death'.

The exact cause of sudden infant death is unknown but there are a number of associated factors that can be avoided to help reduce risks.

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 sleep with your baby on an armchair or sofa.



Speak to your midwife, health visitor, family nurse or GP if you feel strongly that you wish your baby to sleep with you instead of in a cot or Moses basket.

Do

- ✔ Put your baby to sleep in a Moses basket or cot in the same room as you for the first six months, even during the day.
- ✔ Place your baby to sleep on their back in the 'feet to foot' position (feet touching the bottom of the cot).
- ✔ Use a light blanket firmly tucked no higher than the baby's shoulders.
- ✔ Use a clean, firm, well-fitting mattress.
- ✔ Breastfeed if you can, because it is protective.
- ✔ Put your baby back to sleep in their cot after any feeding.
- ✔ If using a baby sleeping bag, make sure it is fitted with neck and armholes, and no hood.

Don't

- ✗ Sleep with your baby on an armchair or sofa.
- ✗ Allow your baby to sleep alone in an adult bed.
- ✗ Allow your baby to share a bed with anyone who has been smoking, drinking alcohol, taking drugs (including medication) or is feeling overly tired.
- ✗ Cover your baby's head.
- ✗ Allow anyone to smoke around your baby.
- ✗ Allow your baby to become overheated.
- ✗ Leave your baby sleeping in a car seat for long periods or when not travelling in the car.
- ✗ Put pillows, loose blankets, cot bumpers or sleep positioners in your baby's cot.

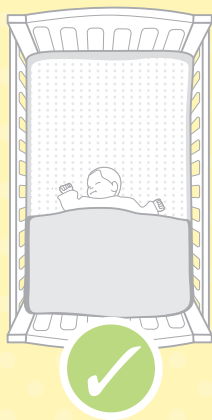
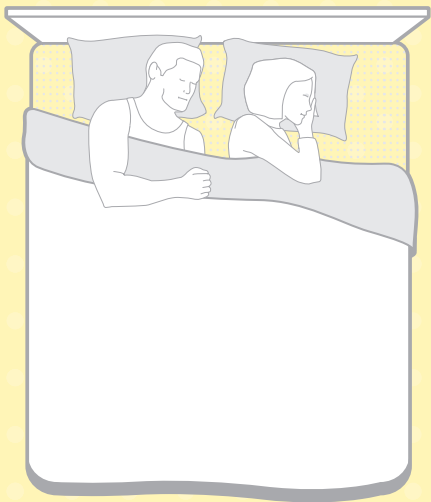


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For more information visit pha.site/saferleeping



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