

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.



Public Health
Agency

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Further advice is available at
www.pha.site/safer-sleeping

