

# Safer sleep for babies

## Things you can do

the  
lullaby  
trust



Always place your baby on their back to sleep



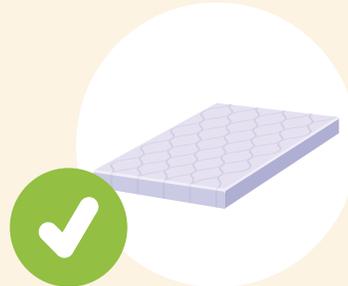
Keep your baby smoke free during pregnancy and after birth



Breastfeed your baby if possible



Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first six months



Use a firm, flat, waterproof mattress in good condition

## Things to avoid



Never sleep on a sofa or in an armchair with your baby



Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



Avoid letting your baby get too hot  
Don't cover your baby's face or head while sleeping or use loose bedding

## Follow the advice for every sleep, day and night

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason. Although we don't yet know how to completely prevent SIDS, we do know that following this advice significantly lowers the risk of it happening.

Talk to your midwife or health visitor if you have any questions or concerns, or contact us

- 📞 020 7802 3200
- ✉️ [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)
- 🖱️ [lullabytrust.org.uk](http://lullabytrust.org.uk)

