

Safe sleep:

Reducing the risk of cot death

- Cut smoking in pregnancy – fathers too!
And don't let anyone smoke in the same room as your baby.
 - Place your baby on the back to sleep (and not on the front or side).
 - Do not let your baby get too hot, and keep your baby's head uncovered.
 - Place your baby with their feet to the foot of the cot, to prevent them wriggling down under the covers, or use a baby sleep bag.
 - Never sleep with your baby on a sofa or armchair.
 - The safest place for your baby to sleep is in a crib or cot in a room with you for the first six months.
 - It's especially dangerous for your baby to sleep in your bed if you (or your partner):
 - are a smoker, even if you never smoke in bed or at home
 - have been drinking alcohol
 - take medication or drugs that make you drowsy
 - feel very tired;
- or if your baby:
- was born before 37 weeks
 - weighed less than 2.5kg or 5½ lbs at birth
- Don't forget, accidents can happen in bedsharing: you might roll over in your sleep and suffocate your baby; or your baby could get caught between the wall and the bed, or could roll out of an adult bed and be injured.
 - Settling your baby to sleep (day and night) with a dummy can reduce the risk of cot death, even if the dummy falls out while your baby is asleep.
 - Breastfeed your baby. Establish breastfeeding before starting to use a dummy.



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