



Public Health
England



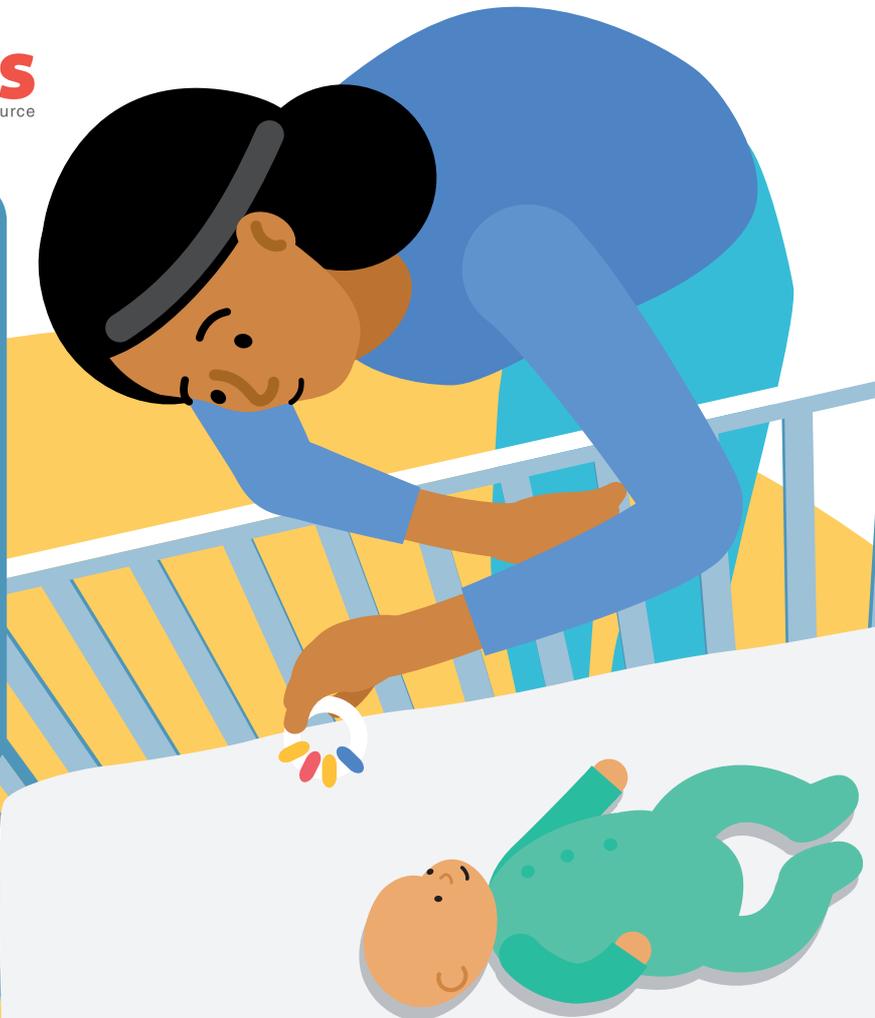
Basis
Baby sleep info source

To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:

Put them on their **BACK** for every sleep

In a **CLEAR FLAT SEPARATE SLEEP SPACE**

Keep them **SMOKE FREE** day and night





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Things to remember if bedsharing

Some parents choose to share a bed with their baby.

Be aware – you should not share a bed with your baby if:

- you have recently drunk any alcohol
- you or your partner smoke
- you have taken any drugs that make you feel sleepy or less aware
- your baby was born prematurely or very small

Sofas and armchairs are always dangerous places to fall asleep with your baby – move somewhere safer if you might fall asleep.

