

Safer sleep advice for emergency situations

A guide for parents and carers



Shared
Health
Foundation.

Who are **The Lullaby Trust**?

The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS, also known as 'cot death'), provides expert advice on safer sleep for babies and offers emotional support for bereaved families.



What is SIDS?

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to make it much less likely to happen by following the advice.

Follow the ABCs for every sleep



Always sleep your baby..

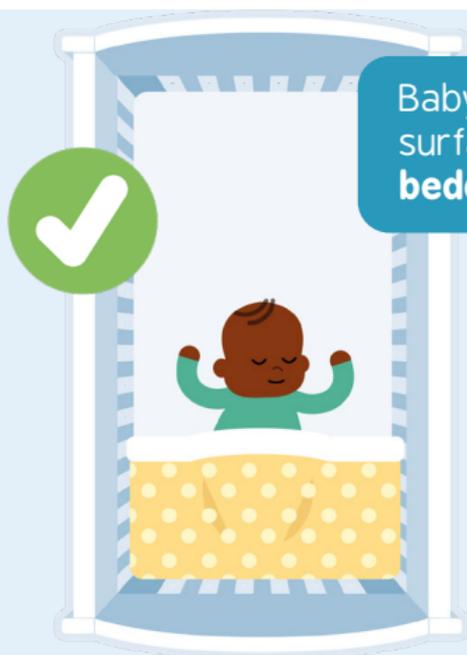
..on their **back**..



..in a **clear** cot or sleep space.



Cots & Moses baskets



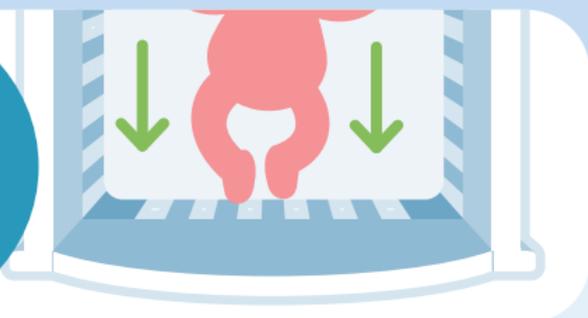
Baby needs a **firm, flat surface** and **well-fitted bedding**.



Keep baby's sleep space clear.



Baby should sleep with their **feet at the bottom** of their cot.



Sheets and blankets should be **firmly tucked in** below baby's shoulders.



Always sleep your baby on their back.



Sharing a bed



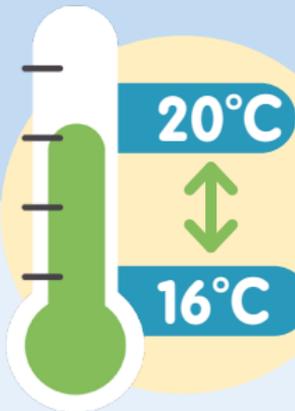
Never sleep on a sofa or armchair with your baby.



Make sure baby **won't fall out** of bed or **get trapped** between the mattress and the wall.

Prams / Carrycots

Keep **pram / carrycot** **flat, clear and uncovered** while baby is sleeping.



Temperature

Check your baby is **not too hot or cold**

Remove hats when baby is indoors



No pods, nests or sleep positioners



Follow all of our safer sleep advice for **every sleep** if you can.



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If you have any questions or concerns about safer sleep, please contact:

The Lullaby Trust

0808 802 6869

info@lullabytrust.org.uk

Follow us on **Instagram**, **Twitter** and **Facebook** where you can message us with any questions

@lullabytrust



Brought to you by The Lullaby Trust

The Lullaby Trust provides expert advice on safer sleep for babies, supports bereaved families and raises awareness of sudden infant death syndrome (SIDS).

www.lullabytrust.org.uk

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We have access to translation services



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