

**If your baby shows signs of being unwell you should seek medical advice.**

Do not give any medicine to your baby under the age of 3 months unless advised by a health professional.

# Safer Sleep for Babies

The safest place for a baby to sleep, under the age of one year, is in a cot, crib or Moses basket.

**For more information please discuss this with your GP, Midwife or Health Visitor.**

Remember that Sudden Infant Death is rare, BUT do share this information with anyone caring for your baby. Following this advice reduces the risk even further. For more information [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

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Hertfordshire Community   
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BOARD



## Sudden Infant Death Syndrome is the sudden and unexpected death of a baby.

This is more likely to occur when a baby has slept in a sofa, chair, or bed with an adult, and can occur at any time of the day or night. This is referred to as 'co-sleeping'. Co-sleeping will increase the risk of a baby overheating. It is recommended that babies sleep in their own bed.

It is particularly recommended that you **DO NOT** co-sleep with your baby if:

**You or your partner smoke**



**You or your partner have consumed alcohol or drugs (including any medication that makes you drowsy)**



**Your baby was born at a low birth weight (below 2.5kg or 5.5lbs)**



**Your baby was born prematurely (before 37 weeks)**



### Things you can do to keep your baby safe

Place your baby to sleep in a separate cot/crib or Moses basket - for all sleep, including naps and keep your home smoke free.



Place your baby on their back to sleep, with baby's feet at the bottom of the cot/crib/Moses basket.



Use a new, firm, well-fitted, flat mattress.



Keep the room temperature between 16-20C. Keep baby's bed away from the window and radiator.



Breast-feed if you can. Breast feeding protects against infection and disease.



At night, keep your baby in the cot/crib or Moses basket beside your bed for the first six months.

### Things to avoid

Co-sleeping with your baby on: a sofa an arm chair a bed



Co-sleeping if you or your partner smoke, drink alcohol or take drugs (legal or illegal), or any medication that makes you drowsy.



Covering your baby's face or head whilst sleeping.



Letting your baby get too hot. Remove your baby from their car seat/sling and your baby's outdoor clothing when they are inside.



Co-sleeping if your baby was premature or low birth weight.



Using bumpers, pillows, duvets and other sleeping accessories where your baby sleeps.

Co-sleeping should also be avoided if you are excessively tired, as this may increase the chance of accidents e.g. baby rolling, falling or getting trapped between the bed/mattress/wall.