

**There were  
three in the bed  
and the little  
one said...**

**nothing.**

**Do not share a bed with your baby if you have been drinking alcohol, using drugs or if you are a smoker**

Reduce the risk of sudden infant death

For more information on SIDS call  
The Lullaby Trust's information line  
0808 8026869

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)



**Local Safeguarding Children Boards  
Working Together to Keep Children Safe**

Did you know...

**Nationally over 300 babies a year die suddenly and unexpectedly, (SIDS - Sudden Infant Death Syndrome/Cot Death)**

**...follow a few simple rules to help reduce the risks.**

**THE SAFEST PLACE FOR YOUR BABY TO SLEEP FOR THE FIRST SIX MONTHS IS ON THEIR BACK, IN A SEPARATE COT OR MOSES BASKET IN THE SAME ROOM AS YOU.**

**If you or your partner:**

- are smokers (no matter where or when you smoke and even if you never smoke in bed)
- have recently drunk alcohol
- have taken medication or drugs that make you sleep more heavily
- feel very tired

**please do not share a bed with your baby.**

The risks of bedsharing are also increased if your baby

- was premature (born before 37 weeks)
- was low birth weight (less than 2.5kg or 5.5lb)

There is also a risk that you might roll over in your sleep and suffocate your baby. Your baby could get caught between the wall and the bed, or could roll out of bed and be injured.

**NEVER sleep with your baby on a sofa or armchair. This is one of the most high risk situations for your baby.**

- Cut out smoking during pregnancy - that's partners too! Smoking in pregnancy and exposing your baby to smoke after birth greatly increases the risk of Sudden Infant Death Syndrome. Don't let anyone smoke in the same room as your baby.

- Don't let your baby get too hot (or too cold). Babies can overheat because of too much bedding or clothing, or because the room is too hot. Babies do not need hot rooms: keep the room at a temperature that is comfortable for you at night, about 18°C (65°F).
- Don't let your baby's head become covered. Covers should be securely tucked in and reach no higher than the shoulders.
- Always take your baby out of their car seat when the journey is over and remove outdoor clothing once inside, even if it means waking your baby.
- **Breast fed babies have a lower chance of SIDS. Even a brief period of breast feeding can be protective for your baby.** Many women choose to feed their baby whilst lying in bed. Ask your midwife or health visitor to help you find a safe and comfortable position.
- If your baby is unwell seek medical advice promptly.

Need further help or advice?

Contact your midwife or health visitor. Tel:

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