



ONCE upon a time, I was with my mummy. She fed me and we both fell asleep together.

I didn't wake up.

THE END



# The safest place for your baby to sleep is in a cot in your room

Falling asleep with your baby if you are a smoker or have been drinking alcohol increases the risk of sudden infant death.



A joint initiative between Bolton, Salford and Wigan Safeguarding Children Boards

To find out more visit [www.fsid.org.uk](http://www.fsid.org.uk) or speak to your midwife or health visitor.

# Give your baby the chance of a lifetime

Every year in the UK, 300 babies die suddenly and unexpectedly in their sleep as a result of Sudden Infant Death Syndrome (SIDS). While there is no advice that can guarantee the prevention of SIDS, there are a number of things you can do to reduce the risk to your baby.

## Babies are more at risk if you:

- smoke, or smoked during pregnancy
- drink alcohol
- use drugs
- are very tired
- use medication that can cause drowsiness, including those prescribed by a doctor and bought over the counter

## Babies are also more at risk if they:

- were premature, born before 37 weeks
- are under three months old
- had a low birth weight, less than 2.5kg or 5½lb

## To reduce the risk to your baby, follow the dos and don'ts below:

### Do

- place your baby to sleep in a cot, crib or Moses basket on a clean, firm mattress
- place your baby on their back with their feet at the end of the cot, 'feet to foot'
- remove your baby's outdoor clothing when they are inside
- keep the room temperature between 16 - 20°C when your baby is sleeping
- keep the house smoke free
- make sure anyone caring for your baby knows the dos and don'ts of safe sleeping
- try to develop a good sleep routine for your baby

Recent research suggests that breastfeeding helps protect against SIDS.

### Don't

- sleep with your baby in a chair or sofa
- use duvets, quilts, cot bumpers, pillows or cot drapes in your baby's cot
- put your baby to sleep in a car seat or pushchair
- allow pets into your baby's bedroom

**Remember that SIDS is rare. Following the dos and don'ts reduces the risk even further; so please don't let worrying about it stop you enjoying your baby. To find out more visit [www.fsid.org.uk](http://www.fsid.org.uk)**

Large print, interpretations and audio formats of this publication can be produced on request. Please discuss with your midwife or health visitor.