

## **Safe Sleep Points for Health professionals with Parents at Antenatal and Postnatal Contacts**

- The safest place for your baby to sleep is in their own cot or Moses basket.
- Always place baby on their back to sleep with feet to foot of cot.
- Do not place pillows, cot bumpers and soft toys in the cot.
- Do not cover the baby's face or head or use loose bedding.
- Use a firm, flat waterproof mattress in good condition.
- Do not use 'sleep positioners' including wedges, supports or straps that prevent the baby moving.
- Baby should sleep in their own cot in same room as parents for the first 6 months of life (day and night).
- Avoid allowing your baby to become too hot. A room temperature of 16-20C with light bedding is recommended.
- Do not sleep or nap with your baby on a sofa or armchair.
- Do not use a car seat, swing, bouncy seat, stroller, baby carrier or infant sling for routine sleep.
- When purchasing baby equipment please check that it complies with British Standards.
- Never fall asleep with your baby, in any circumstance if anyone has drunk alcohol, taken drugs or medicine that might make them sleepy. If an adult consumes alcohol and/or a prohibited drug and causes the death of a child under three years old through suffocation, whilst sleeping, this is seen as a criminal offence.
- Please do not EVER fall asleep with your baby, on any surface, if yourself or anyone sleeping with you has; drunk alcohol, taken drugs, smoked, or taken medicines that may make them sleepy. It is seen as a criminal offence if an adult who has consumed alcohol and/or a prohibited drug causes the death of a child under three years through suffocation by overlaying whilst sleeping.
- Do not sleep with your baby if they were born prematurely or weigh under 2.5kg or 5.5lbs when they were born as risks are increased.

- If you feed your baby in bed, please place them back in their own cot afterwards.
- Keep your baby's environment smoke free during pregnancy and after the birth.
- If possible, breastfeed your baby as this reduces the risks of Sudden Infant Death Syndrome.

For parents who have previously co-slept

- Every sleep matters, even if you have previously co-slept with your other children it is still important to follow the safe sleeping advice at all times.

**Please re-visit safe sleep messages as frequently necessary including families who transfer into the area.**

**Links:**

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

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