



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**



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

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

**To find out more visit 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

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