

Safe sleep for your baby

Seven steps to keep your baby sleeping safely

1

Always place your baby on their back to sleep in a cot in the same room as you, for the first six months.

2

Never fall asleep with your baby on a sofa or armchair. This is one of the most high-risk situations for a baby.

3

Always place your baby in the “feet to foot” position, with their feet at the end of the cot or Moses basket.

4

Stay smoke free - not letting anyone smoke in the house, including visitors.

5

Keep your baby's face and head uncovered.

6

Do not let your baby get too hot or cold.

7

Do not share a bed with your baby unless you can do so safely.



Supported by The Child Death Overview Panel – Staffordshire and Stoke-on-Trent.

For further support please speak to your Health Visitor.

Staffordshire phone: **0808 178 0611** or text our chat function: **07520 615722**

Stoke-on-Trent phone: **0808 178 3374** or text our chat function: **07312 277161**