



# Baby Safe Sleeping for New Mums and Dads

shnuggle®

## Did you know?\*



More than

**200**

babies die suddenly and unexpectedly every year in the UK

Babies born at a low birth weight are

**3x**

more at risk

**2-4**

**months old**

is when most unexplained infant deaths occur



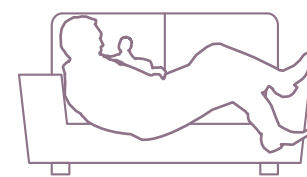
## What the experts know\*\*



Placing a baby to sleep on their back reduces the risk of SIDS



Exposing a baby to cigarette smoke significantly increases the risk



There is a strong association between sleeping with your baby on a bed, sofa or chair and SIDS

## DO

- ✓ Always place baby on their back to sleep
- ✓ Place them in the 'foot to feet' position
- ✓ Place baby in the same room as you, for the first 6 months and in their own sleep space
- ✓ Use a firm, correctly sized mattress with a securely fitted sheet
- ✓ If using a blanket, it should be tucked in at the sides and bottom and placed no higher than under baby's arm

## DON'T

- ✗ It is recommended that you don't share a bed with your baby
- ✗ Don't let your baby get too hot or too cold
- ✗ Never sleep with your baby on a sofa or armchair
- ✗ Never cover baby's head while sleeping
- ✗ Don't use cot bumpers or place anything inside baby's bed e.g. soft toys, loose bedding, pillows



\* Office of National Statistics, National Records of Scotland and Northern Ireland statistics and Research Agency 2018 - 2016 Statistics quoted. Lullaby Trust.

\*\*NHS Your pregnancy and baby guide [www.nhs.uk](http://www.nhs.uk)

