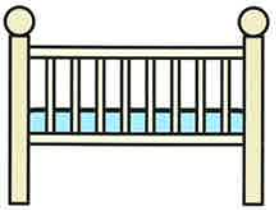


Reduce the risk of sudden infant death



Key Points

Accessible Information



Make sure your baby sleeps in a cot/ Moses basket, placed flat on their back.



Do not smoke around your baby.



Contact us on 023 9268 4545 if you would like to know more.

✓ DO's

Step 1 ✓



Always place your baby on their back to sleep

Step 2 ✓



Always place your baby to sleep with their feet to the foot of the cot

Step 3 ✓



The safest place for your baby to sleep is in their own cot in your room

Step 4 ✓



Breastfeeding your baby reduces the risk of sudden infant death syndrome

Step 5 ✓



Keep your baby away from cigarette smoke

Step 6 ✓



Use a firm, flat, waterproof mattress in good condition

✗ DON'Ts

Step 1 ✗



DON'T fall asleep with your baby on the sofa or in an armchair

Step 2 ✗



DON'T Over-heat your baby

Step 3 ✗



DON'T sleep in same bed as your baby if you smoke, drink alcohol or take drugs at any time

Step 4 ✗



DON'T use pillows or cot bumpers in your baby's cot

Step 5 ✗



DON'T use a car seat, swing, bouncy seat, stroller, baby carrier or infant sling for routine sleep




You should follow the advice for all naps, not just for night time sleep

The Health Visiting Service
Tel: 023 9268 4545

Please tell us how you feel about the services we provide.

If you have a compliment, concern or complaint please contact the Patient Advice and Liaison (PALS) and Complaints Services on **0800 013 2319** or **snhs.schpatientexperience@nhs.net**



Alternatively, visit: www.solent.nhs.uk/contact-us


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Every Sleep Matters

To reduce the risk of sudden infant death syndrome

How to keep your baby safe and healthy

Better health, local care 