




Follow Our Six Steps to Safer Sleep for Baby



		1. Keep baby away from smoke before and after birth
		2. Put baby in a cot, crib or moses basket to sleep
		Never fall asleep with baby on a sofa or chair
		3. Never fall asleep with baby after drinking or taking drugs or medication

	<p>4. Put your baby to sleep on their back with their feet to the foot of the cot</p>
	<p>5. Keep baby's head and face uncovered and make sure they don't get too hot</p>
	<p>6. Breastfeed your baby – support is available if you need it</p>

Babies should sleep in the same room as the adult who is caring for them, for every sleep, for at least the first 6 months of life. In their own cot, crib or Moses basket.

Together we can reduce the number of babies dying unexpectedly each year