



Follow our **Six** steps

1

Keep baby away from smoke, before and after birth. If either you or your partner smokes, never share a bed with your baby.

2

Put baby in a cot, crib or Moses basket to sleep. Never fall asleep with baby on a sofa or chair; this can increase the risk of death by 50%.

3

Never fall asleep with baby after drinking alcohol or taking drugs, including medications that may make you drowsy.

4

Put baby to sleep on their back with their feet to the foot of the cot.

5

Keep baby's head and face uncovered and make sure they don't get too hot. The room they sleep in should be between 16-20°C.

6

Breastfeed your baby. Support is available if you need it.

Babies should sleep in the same room as the adult who is caring for them for the first six months of life, during the day and night.

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

Visit www.cumbriasafeguardingchildren.co.uk for more information.

