

Safer Sleep For Babies

Sudden and unexpected death in babies is rare but does sometimes happen. There are steps that parents can take to help reduce the chance of it happening.



The best place for a baby to sleep and nap is on their back in a cot or Moses basket on a firm flat waterproof mattress, in the same room as you



Never sleep on a sofa or arm chair with your baby – they may fall or slip into a position where they can't breathe



Never bed-share with your baby if you or your partner have drunk alcohol, smoke or taken medication that makes you drowsy. They may become trapped between the mattress and wall, fall off the bed or you may roll onto them.



Never bed-share if your baby was born prematurely or a low birth weight

For help and support around difficulties with settling your baby, contact:

Your midwife or health visitor

Your local Family Hub: www.coventry.gov.uk/familyhubs

Coventry Family Health and Lifestyle Team: 024 7518 9190

The Lullaby Trust: 0808 802 6869