

“Sleep safe, sleep sound, share a room with me”



The Safest Place
for your baby to sleep
is in a cot in
your room
for the first
six months

Helpline
**020 7233
2090**



The Foundation for the Study of Infant Deaths
Giving babies the chance of a lifetime

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Don't share a bed with your baby if you or your partner have been drinking alcohol



Don't share a bed with your baby if you or your partner have been taking medication or drugs that make you drowsy



Never share a bed with your baby if you or your partner are **smokers**

This is very dangerous no matter where or when you smoke, even if you never smoke in bed



Don't share a bed with your baby if you or your partner are excessively tired



Watch out for accidents!

There is a risk you might roll over in your sleep and suffocate your baby, or your baby could get caught between the wall and the bed, or could roll out of your bed and be injured



Never sleep with your baby on a sofa or armchair



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