SAFER SLEEP FOR EVERY SLEEP

the lullaby trust
safer sleep for babies – support for families

When you're tired or baby won't settle it can be tempting to do whatever it takes to get some sleep. To reduce the risk of sudden infant death syndrome (SIDS) it is important to follow safer sleep for every sleep day or night.

sleep baby on their back

in a cot or Moses basket

on a firm, flat, waterproof mattress

keep baby away from smoke

never co-sleep with baby on a sofa or armchair

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