



Follow our six steps to safer sleep

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 them on a sofa or chair.

3

Never fall asleep with baby after drinking or taking drugs/ medication.

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.

6

Breastfeed your baby - support is available if you need it.

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



Knowsley Safeguarding Children Board



St. Helens
Safeguarding
Children Board

WIRRAL
LOCAL SAFEGUARDING
CHILDREN BOARD

Originally produced by the Lancashire, Blackburn with Darwin and Blackpool Safeguarding Children Boards

