



Safe Sleep Points for Health Professionals with Parents at Antenatal and Postnatal Contacts

- The safest place for your baby to sleep is in their own cot or Moses basket.
- Always place baby on their back to sleep, with their feet to the foot of the cot.
- Do not place pillows, cot bumpers and soft toys in the cot.
- Do not cover the baby's face or head or use loose bedding.
- Use a firm, flat waterproof mattress in good condition.
- Do not use 'sleep positioners' including wedges, supports or straps that prevent the baby moving.
- Baby should sleep in their own cot, in the same room as parents for the first six months of life (day and night).
- Avoid allowing baby to become too hot. A room temperature of 16-20C with light bedding is recommended.
- Do not sleep or nap with baby on a sofa or armchair.
- Do not use a car seat, swing, bouncy seat, stroller, baby carrier or infant sling for routine sleep.
- When purchasing baby equipment please check that it complies with British Standards.
- Please do not EVER fall asleep with your baby, on any surface, if yourself or anyone sleeping with you has drunk alcohol, taken drugs, smoked, or taken medicines that may make them sleepy. It is a criminal offence if an adult who has consumed alcohol and/or a prohibited drug causes the death of a child under three years of age through suffocation by overlaying whilst sleeping.
- Do not sleep with baby if they were born prematurely or weigh under 2.5kg or 5.5lbs when they were born, as risks are increased.
- If you feed baby in bed, please place them back in their own cot afterwards.
- Keep your baby's environment smoke free during pregnancy and after the birth.
- If possible, breastfeed your baby as this reduces the risks of sudden infant death syndrome (SIDS).



For parents who have previously co-slept:

- Every sleep matters, even if you have previously co-slept with your other children, it is still important to follow the safe sleep advice at all times.

Please re-visit safe sleep messages as frequently as necessary, particularly with families who have transferred into the area.

Useful links

[Hampshire & IOW Safeguarding Infants Toolkit \(hampshirescp.org.uk\)](http://hampshirescp.org.uk)

[The Lullaby Trust - Safer sleep for babies, Support for families \(lullabytrust.org.uk\)](http://lullabytrust.org.uk)

[BASIS – Baby Sleep Information Source \(basisonline.org.uk\)](http://basisonline.org.uk)

[Wessex Healthier Together \(what0-18.nhs.uk\)](http://what0-18.nhs.uk)