



Safe Sleep Points for Multi-Agency Professionals with Parents at Antenatal and Postnatal Contacts

Professionals should share the following key safe sleep points with parents and carers:

- 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 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 your baby to become too hot. A room temperature of 16-20C with light bedding is recommended.
- Do not sleep or nap with your baby on a sofa or armchair.
- 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 your baby if they were born prematurely or weigh under 2.5kg or 5.5lbs when they were born as risks are increased.
- Keep your baby's environment smoke free during pregnancy and after the birth.

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)