

For the first six months,
the safest place for me to
sleep is in my cot in your room.



✓ Clear my cot

No teddies
Pillows
Cot bumpers
Just me!

✓ On my back
to sleep

✓ Tuck me in
with blankets
under my arms

✓ Feet to foot




✓ Check the room
temperature
when I'm asleep



✓ If I use a dummy
or am swaddled, I
need this for every
sleep, day or night

Reduce the risk by avoiding these things.




 Don't smoke when pregnant and keep my home and car smoke free




 Never fall asleep with me on a sofa or armchair




 Avoid letting me sleep in your bed



 Don't leave me in my car seat when I am not travelling



 Don't let me sleep in my chair, swing or nest. My head can roll forwards if I am not sleeping flat. Soft surfaces near my face are hazardous when I am sleeping.