

Co-sleeping is when you and your baby share a sleeping space in the same bed. Co-sleeping is a personal choice, but we recommend you read the available information to make an informed choice and make co-sleeping as safe as possible.

The safest place for babies to sleep is in their own cot, in your bedroom, on their back. This is always the case, whether during the daytime for naps or at night. This is especially true for at least the first six months of your baby's life.

If you do wish to co-sleep, [lullabytrust.org.uk](https://www.lullabytrust.org.uk) has some excellent guidance on their website about how to do so safely.

- Keep the blankets and pillows away from your baby or anything else that could obstruct the baby's breathing or cause overheating.
- Put them to sleep on their back.
- Ensure your baby will not fall out of bed or get trapped between the bed and the wall.
- Do not co-sleep if you or your partner smoke, have drunk alcohol or taken drugs.
- Do not co-sleep if your baby was premature or had a low birth weight.
- Never sleep in the armchair or sofa with your baby.

