

It is important to establish some safe sleep routines before looking at how else you can help your baby sleep. Safe sleep helps to reduce the risk of Sudden Infant Death Syndrome (SIDS), which is the unexplained or unexpected death of a baby.

SIDS is rare, but there are care practices that you can establish to reduce the risk of SIDS. 86% of SIDS deaths happen in babies aged six months or less, and occurrences of SIDS are higher when your baby is unobserved. Whilst the risks of SIDS decrease after this point, it is helpful to continue the safer sleep practices that you have established up to this point.



Key safe sleep practices:

1. Always put your baby to sleep on their back for all daytime and night-time sleep.
2. Put your baby to sleep in your room for the first six months.
3. Don't smoke during pregnancy or after birth- protecting your baby from exposure to smoke is important for reducing the risk of SIDS.
4. Don't sleep on a sofa or armchair with your baby.
5. Don't co-sleep with your baby if you or your partner smoke, or if you have consumed alcohol or drugs, or are extremely tired.
6. These factors are particularly important if your baby was born prematurely or with a low birth weight.

lullabytrust.org.uk is a fantastic source of information on everything safe sleep!

