



Follow our **Six** steps

1

Always protect your baby from cigarette smoke during pregnancy and after birth. If you or your partner smokes, never share a bed with your baby. This can increase the risk of death for your baby.

2

Give your baby a clear, flat, separate sleep space, in the same room as you, such as a cot or Moses basket. Never fall asleep with baby on a sofa or chair; this can increase the risk of death by 50%.

3

Never fall asleep with baby after drinking alcohol or taking drugs, including medications that may make you drowsy.

4

Always put your baby to sleep on their back with their feet to the foot of the cot or Moses basket.

5

Keep baby's head and face uncovered and make sure they don't get too hot. The room they sleep in should be between 16-20°C.

6

Breastfeed your baby. If you need help with breastfeeding, talk to a health professional or contact your local family hub.

Babies should sleep in the same room as the adult who is caring for them for the first six months of life, during the day and night.

Together we can reduce the number of babies dying unexpectedly in Lancashire each year.

Find out more at www.lancashire.gov.uk and search 'safer sleep for baby'.

