

## Sleeping Suffolk

### Six simple steps to keep baby safe

Keep your baby smoke free



Keep your baby's head and face uncovered and make sure they don't get too hot



Place your baby to sleep in a cot avoiding soft sided sleep pods/products. Never fall asleep with them on a sofa or chair



Never lay down with your baby after drinking alcohol or taking drugs / medication that may make you drowsy



Breastfeed your baby if you can – support is available



Keep your child safe at all times, especially when your routine may change

Put your baby to sleep on their back with their feet to the foot of the cot



Recommended safe room temperature 16-20C

