







## Sleeping Suffolk

## Six simple steps to keep baby safe

Keep your baby smoke free



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

Breastfeed your baby if you can – support is available

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



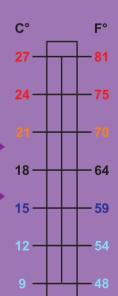
Keep your baby's head and face uncovered and make sure they don't get too hot



drugs / medication that may make you drowsy

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

Recommended safe room temperature 16-200







#safersleepingsuffolk

More support and information is available from Suffolk's children's centres and health visiting teams. **Visit www.suffolk.gov.uk**