









#### Merseyside Child Death Overview Panel

## Safer Sleep

# Six steps to safer sleep – day and night



Keep baby away from smoke, before and after birth.

Put baby to sleep on their back with their feet to the foot of the cot. Put baby in a cot, crib or moses basket to sleep - never fall asleep with them on a sofa or chair.

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

Never fall asleep with baby after drinking or taking drugs/medication.

Breastfeed your baby - support is available if you need it.



### Why have a campaign?



In Merseyside infant deaths associated with unsafe sleeping practices is a recurring feature

On average there are 5 deaths per year of infants where co-sleeping is a feature and often alcohol, drugs and other risk factors are present.





# Follow our six steps to safer sleep

Keep baby away from smoke, before and after birth. Put baby in a cot, crib or moses basket to sleep - never fall asleep with them on a sofa or chair.

Never fall asleep with baby after drinking or taking drugs/ medication.

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

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

Breastfeed your baby
- support is available if
you need it.

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

#### Did you know?

- It takes 4 hours for your body to eliminate the effects of one cigarette
- The risk of Sudden
   Infant death is 50 times
   greater on a sofa or
   chair
- The safest place for your baby to sleep for the first 6 months is in a separate cot or Moses basket in the same room as you.





For further information please contact:

Your Health Visitor or Local Children's Centre



