

Merseyside Child Death Overview Panel

Safer Sleep

Six steps to safer sleep – day and night

Follow our **six steps** to safer sleep

- 1** Keep baby away from smoke, before and after birth.
- 2** Put baby in a cot, crib or Moses basket to sleep - never fall asleep with them on a sofa or chair.
- 3** Never fall asleep with baby after drinking or taking drugs/medication.
- 4** Put baby to sleep on their back with their feet to the foot of the cot.
- 5** Keep baby's head and face uncovered and make sure they don't get too hot.
- 6** Breastfeed your baby - support is available if you need it.



Safer sleep for baby

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.





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

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

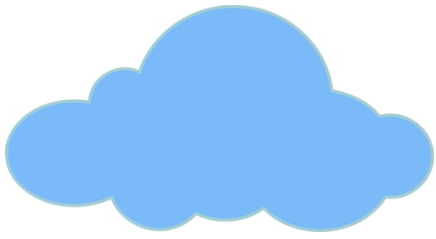
6 Breastfeed your baby - support is available if you need it.

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

