**Follow Our Six Steps to Safer Sleep for Baby**

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|  | 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 baby on a sofa or chair  |
|  | 3.Never fall asleep with baby after drinking ortaking drugs or medication  |
|  | 4.Put your 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  |

Babies should sleep in the same room as the adult who is caring for them, for every sleep, for at least the first 6 months of life. In their own cot, crib or Moses basket.

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