



# Follow our **Six** steps

1

Keep baby away from smoke, before and after birth. If either you or your partner smokes, never share a bed with your baby.

2

Put baby in a cot, crib or Moses basket to sleep. Never fall asleep with baby on a sofa or chair; this can increase the risk of death by 50%.

3

Never fall asleep with baby after drinking alcohol or taking drugs, including medications that may make you drowsy.

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. The room they sleep in should be between 16-20°C.

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 the first six months of life, during the day and night.**

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

**Find out more at [www.lancashire.gov.uk](http://www.lancashire.gov.uk) and search 'safer sleep for baby'.**

