

safer

Sleeping Suffolk

Six simple steps to keep baby safe

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

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



#safersleepingsuffolk



Suffolk Safeguarding
Children Board

www.suffolkscb.org.uk



Recommended
safe room
temperature

