

Safe sleeping for your baby at all times

- The safest place for a baby to sleep for the first six months is on their back, in a separate cot or Moses basket, in the same room as you
- Never fall asleep with a baby on a sofa or armchair. This is one of the most high risk situations for a baby
- Refer to the Red Book for diagrams on placing baby safely in their cot or Moses basket
- For further support please speak to your health visitor or midwife

