



# Day or night, keep me safe while I sleep



## Advice for all new parents:

- ✓ Do place baby to sleep in a cot or Moses basket in the same room as you for the first 6 months. Do keep your baby smoke free during pregnancy and after birth
- ✓ Do use a firm, flat, waterproof mattress in good condition
- ✓ Do place baby on their back to sleep with their feet at the foot of the cot or Moses basket
- ✓ Do breastfeed your baby, if you can
- ✗ Don't sleep in the same bed as your baby
- ✗ Don't sleep on a sofa or in an armchair with your baby
- ✗ Don't let your baby get too hot
- ✗ Don't cover your baby's face or head while sleeping



For medical advice call NHS 111 for free, 24 hours a day, 7 days a week.



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