

# Keep Your Baby Safe While They Sleep



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## Protect them from Sudden Infant Death Syndrome

The safest place for your baby to sleep is on their own clear, flat, firm, waterproof mattress



Baby's cot/crib should be in parents' bedroom for first 6 months of life. This is called 'rooming in'



Place baby to sleep on a flat, firm, waterproof mattress in their own cot, clear from clutter



Keep the room at a temperature between 16-20°C. Be mindful of windows and radiators



If baby seems unwell seek medical advice



Baby should always sleep on their back – feet to the foot of the cot



Never leave baby unattended in an adult bed



No sleeping with baby on sofas - The risk of SIDS is 50 times higher for babies when they sleep on a sofa or armchair with an adult



Keep a smoke free environment. No smoking around baby at any time



Do not fall asleep with baby if you are overtired, have consumed alcohol, taken drugs, or are affected by medication

**Overlaying is the act of suffocating a child whilst sleeping with them when intoxicated through drink or drugs. 'Overlay' is a criminal offence. South Wales Police**



More information