



Follow our **Six** steps

1

Keep baby away from smoke, before and after birth.

2

Put baby in a cot, crib or Moses basket to sleep - never fall asleep with them on a sofa or chair.

3

Never fall asleep with baby after drinking or taking drugs/ medication.

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.

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 and search 'safer sleep for baby'.

