“Sleep safe, sleep sound, share a room with me”

The Safest Place for your baby to sleep is in a crib or cot in a room with you for the first six months.

Helpline 0808 802 6868

Foundation for the Study of Infant Deaths
FSID, 11 Belgrave Road, London SW1V 1RB Telephone 020 7802 3200
Helpline 0808 802 6868 www.fsid.org.uk office@fsid.org.uk Registered charity 262191
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It’s especially dangerous for your baby to sleep in your bed

if you (or your partner):
- are a smoker, even if you never smoke in bed or at home
- have been drinking alcohol
- take medication or drugs that make you drowsy
- feel very tired

or if your baby:
- was low birth weight (less than 2.5kg or 5½lb)
- was premature (born before 37 weeks)

Never sleep with your baby on a sofa or in an armchair.

Don’t forget, accidents can happen too:
You might roll over in your sleep and suffocate your baby, or your baby could get caught between the wall and the bed, or could roll out of your bed and be injured.

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