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# Safer sleep for baby

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Babies need a lot of sleep during the first few months of their lives.

It's important that you know the best ways to protect your baby at night time to ensure they are sleeping as safely as possible.

## Sudden Infant Death Syndrome

Each year 290 babies die unexpectedly before their first birthday. Many of these deaths are classified as Sudden Infant Death Syndrome (SIDS) or cot death, which usually happens when babies are sleeping.

While SIDS is rare, it can still happen and there are steps parents can take to help reduce the chance of this tragedy occurring.

### Follow the 6 steps to safer sleep:

- Keep baby away from smoke, before and after birth
- Put baby in a cot, crib or Moses basket to sleep - never fall asleep with them on a sofa or chair
- Never fall asleep with baby after drinking or taking drugs/medication
- Put baby to sleep on their back with their feet to the foot of the cot
- Keep baby's head and face uncovered and make sure they don't get too hot
- Breastfeed your baby - support is available if you need it

For more information about safer sleep please visit the [Lullaby Trust](#) website.

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