

Safe Sleep for your Baby

Reduce the Risk of Cot Death

Key points

Back to Sleep



- ◆ Always place your baby on their back to sleep with their feet to the foot of the cot.
- ◆ Always keep their face and head uncovered during sleep.
- ◆ Keep the cot free of soft objects and anything loose or fluffy.

Smoke-free Zone



- ◆ Do not smoke during pregnancy.
- ◆ It is most important that no one smokes around your baby.
- ◆ Make your home and car smoke-free zones.

For information and support on quitting smoking, phone the National Smokers' Quitline on Callsave 1800 201 203 or visit the website www.quit.ie

Don't let baby get too hot



- ◆ Babies can overheat when asleep because of too much bedding or clothes or because the room is too hot.
- ◆ The ideal room temperature for a baby is 16 - 20°C (62 - 68°F).

Breastfeed your baby



- ◆ If it's possible for you to breastfeed your baby, aim to do so for as long as you can.
- ◆ It is safe to feed your baby in bed, **but** always put them back to their own cot to sleep.

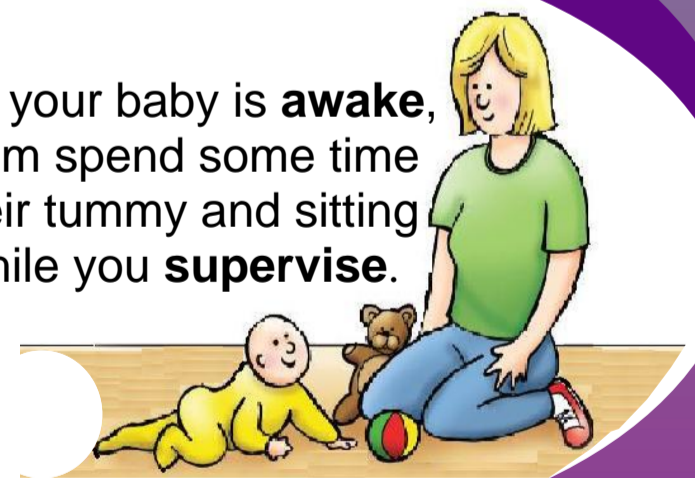
Safe Sleep



- ◆ The safest place for your baby to sleep at night is in a cot in your room.
- ◆ Bed-sharing can be dangerous.
- ◆ Never fall asleep with your baby on a sofa or armchair. This is very dangerous.

Tummy Time

When your baby is **awake**, let them spend some time on their tummy and sitting up, while you **supervise**.



Share this information with everyone who takes care of your baby

If you have questions about the information here, please contact:

National Paediatric Mortality Register
George's Hall, The Children's University Hospital
Temple Street, Dublin 1

Telephone: 01 878 8455 www.sidsireland.ie



IN EMERGENCY
DIAL 999 or 112
Ambulance * Fire * Gardaí

For child safety and injury prevention information visit www.hse.ie/childsafety

If your baby has died, or you are dealing with parents who have suffered the loss of their baby, **First Light** can provide professional support nationally, free of charge:

Telephone: 087 2423777 (7 days a week)
Email: support@firstlight.ie www.firstlight.ie