'Sleep Safe, My Baby'

safe sleeping

Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

SLEEP BABY ON BACK
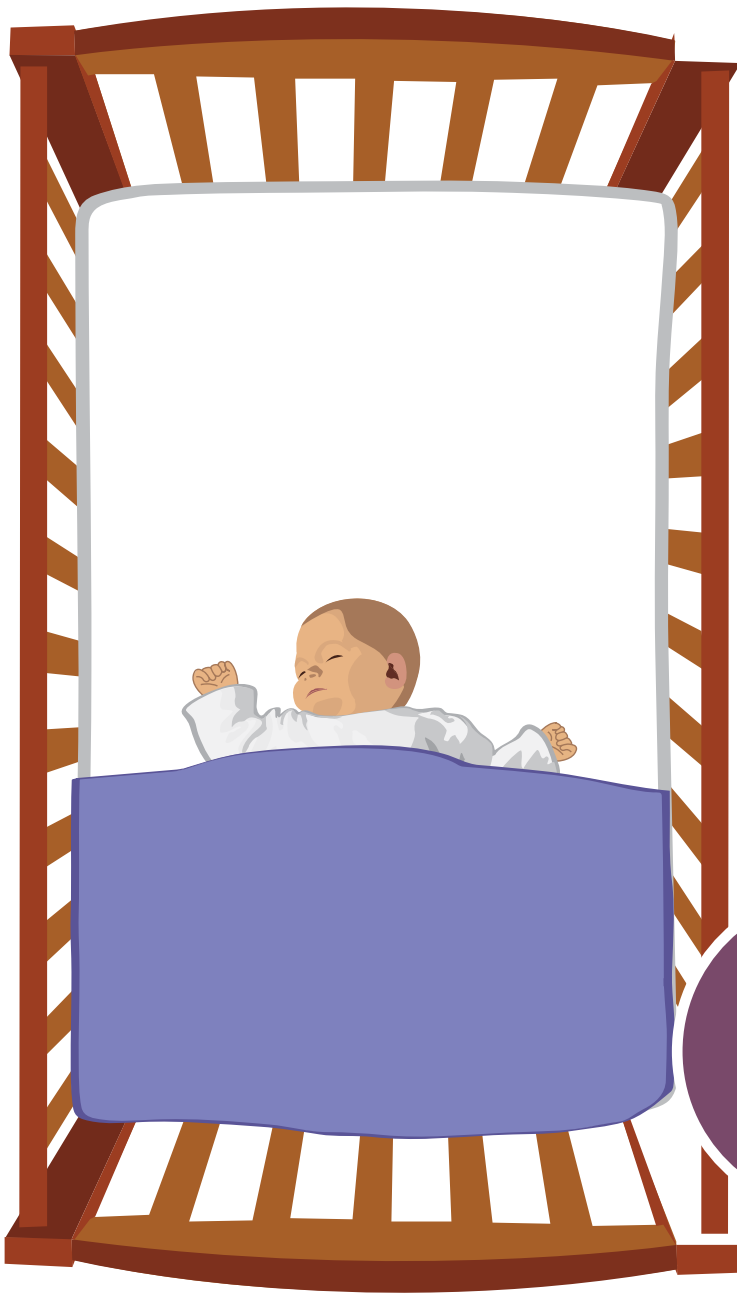
KEEP HEAD AND FACE UNCOVERED

SAFE SLEEPING ENVIRONMENT NIGHT AND DAY

KEEP BABY SMOKE FREE BEFORE AND AFTER BIRTH

BREASTFEED IF YOU CAN

SLEEP BABY IN SAFE COT IN PARENTS' ROOM

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