

"Sleep safe, sleep sound, share a room with me"



The Safest Place
for your baby to sleep
is in a cot in
your room
for the first
six months

Helpline
0870 787
0554



The Foundation for the Study of Infant Deaths

Giving babies the chance of a lifetime

FSID, Artillery House, 11-19 Artillery Row, London SW1P 1RT. Telephone 0870 787 0885

Helpline 0870 787 0554 www.sids.org.uk fsid@sids.org.uk Registered charity 262191

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Don't share a bed with your baby if you or your partner have been drinking alcohol



Don't share a bed with your baby if you or your partner are excessively tired



Never share a bed with your baby if you are a smoker



This is very dangerous no matter where or when you smoke, even if you never smoke in bed

Don't share a bed with your baby if you or your partner have been taking medication or drugs that make you drowsy



Watch out for accidents! There is a risk 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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