

The next Safer Sleeping Week

campaign runs from
14 – 20 March 2022



The Lullaby Trust www.lullabytrust.org.uk

have a range of resources to help you and your organisation spread safer sleeping messages on social media



Safer Sleep Week aims to reach as many families as possible with life-saving safer sleep advice.

We know that greater awareness of safer sleep leads to a decrease in the numbers of babies dying. Sadly around 4 babies a week die from SIDS. If all parents were aware of safer sleep advice many lives could be saved.

This years message is #keepitclear
All a baby needs is a firm, flat sleep space that is clear of toys, bulky bedding and accessories and a simple blanket or baby sleep bag.

Safer sleep for babies

Steps parents can take to reduce the risk of sudden infant death syndrome (SIDS). Follow this advice for all sleeps and naps not just at night.

Things you can do...

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Always place your baby on their back to sleep

Keep your baby smoke-free during pregnancy and after birth

Place your baby to sleep in a cot or Moses basket in the same room as you for the first 6 months

Breastfeed your baby

Use a firm, flat, waterproof mattress in good condition



Things to avoid

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

Don't sleep in the same bed as your baby if you smoke, drink or take drugs or medication that make you drowsy, or if your baby was born prematurely or was of low birth weight

Avoid letting your baby get too hot

Don't cover your baby's face or head while sleeping or use loose bedding

Don't sleep your baby on a pod or nest or give them a pillow. Babies should not have anything soft around their heads while sleeping