

Think twice tonight



Thinking about sharing a bed with your baby tonight?

There are some circumstances when bed sharing
with your baby can be very dangerous

NEVER sleep on a sofa or armchair with your baby; this can increase the risk of death by 50%.

NEVER share a bed with your baby if...

- you or your partner smokes - even if you do not smoke in the bedroom
- you are extremely tired
- your baby was born at a low weight or prematurely
- you are taking medications that may make you drowsy
- you or your partner has drunk alcohol or taken drugs

The safest place for your baby to sleep is in their own cot, crib or Moses basket.

If you need support or more information, speak to your midwife or health visitor.
Visit www.lancashire.gov.uk and search 'safer sleep for baby' for more information.