

Keep Your Baby Safe While They Sleep



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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Protect them from Sudden Infant Death Syndrome

The safest place for your baby to sleep is on their own clear, flat, firm, waterproof mattress



Baby's cot/crib should be in parents' bedroom for first 6 months of life. This is called 'rooming in'



Place baby to sleep on a flat, firm, waterproof mattress in their own cot, clear from clutter



Keep the room at a temperature between 16-20°C. Be mindful of windows and radiators



If baby seems unwell seek medical advice



Baby should always sleep on their back – feet to the foot of the cot



Never leave baby unattended in an adult bed



No sleeping with baby on sofas - The risk of SIDS is 50 times higher for babies when they sleep on a sofa or armchair with an adult



Keep a smoke free environment. No smoking around baby at any time



Do not fall asleep with baby if you are overtired, have consumed alcohol, taken drugs, or are affected by medication

Overlaying is the act of suffocating a child whilst sleeping with them when intoxicated through drink or drugs. 'Overlay' is a criminal offence. South Wales Police



More information