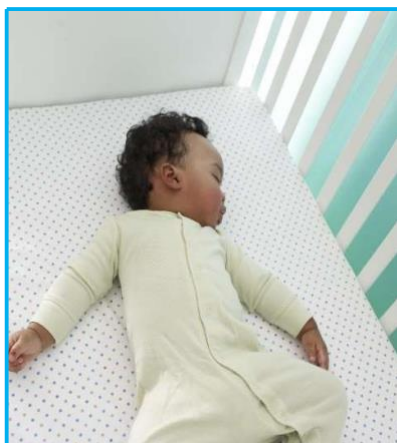


Babies and sleeping on sofas

Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50 times (www.lullabytrust.org.uk)

You may not intend to sleep on the sofa with you baby –it is important to make a plan to prevent this from happening:

- Keep a Moses basket by the sofa (without any toys or loose clothing inside)
- Feed you baby on a chair where you will not fall asleep
- Feed them whilst watching something or reading, something that will keep you awake
- Partner can take the baby to the cot or Moses basket
- Set an alarm to go off in 15/20 mins after feeding started if you feel sleepy, then move baby to their bed.



To take the best steps to prevent SIDS, families should not fall asleep with their baby, especially when:

- they have recently drunk any alcohol
- they or their partner smoke
- they have taken any drugs that make them feel sleepy or affect their awareness
- their baby was born prematurely or weighed under 2.5kg or 5½ lbs when they were born
- In these scenarios, it is always best to put baby in their own safe sleep space such as a cot or a Moses basket. (www.lullabytrust.org.uk)

In the middle of the night you may be feeding your baby, you will be tired and think that “just this once it will be safe”, as you’re too tired to take your baby back upstairs... If you have a plan you can prevent this



90% of babies who died whilst sharing a bed with an adult, died in hazardous co-sleeping situations.

230
SIDS claims the lives of approximately 230 babies every year in the UK: that's around 4 babies a week



For further information on safe sleep visit the lullaby trust or contact your health visitor.
Also please watch: <https://www.lullabytrust.org.uk/safer-sleep-advice/safer-sleep-for-babies-online-presentations/>