

# Bed-sharing and co-sleeping

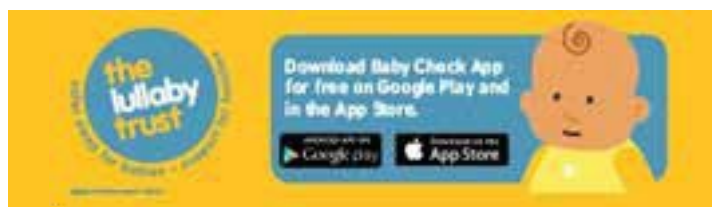
Practitioners who visit you and your baby may review this checklist with you. Please use it yourself before you choose to bed share. Please follow safer sleep advice and contact your Midwife or Health Visitor if you have any questions.

If you answer yes to any of these questions you are advised not to co-sleep/bed share due to the increased risk of sudden infant death syndrome (SIDS). Also known as cot death.

| Question   | Y/N | Why this increases the risk   |
|--|-----|---|
| Do either you or your partner smoke? (including during pregnancy)  |     | Smoking increases the risk of SIDS  |
| Have you or your partner drunk alcohol in the past 24 hours?   |     | Any alcohol use changes your sleep pattern and increases the risk of SIDS   |
| Have you or your partner recently taken any drugs or prescribed medication that may make you sleepy?   |     | Taking any drugs or prescribed medication that can make you sleepy increases the risk of accidental death whilst bedsharing |
| Are you or your partner very tired? (less than 4 hours sleep in 24 hours)  |     | Excessive tiredness will affect your sleep pattern and is a risk if you bed share   |
| Was your baby born early (before 37 weeks) or weighed less than 2.5kg or 5.5lbs  |     | Babies who are born early or who are very small are at higher risk of SIDS  |
| To reduce the risk of SIDS it is important not to bedshare in 'out of normal routine' situations. For example, if your baby is unwell and doesn't normally bedshare with you; staying with friends; when on holiday. |     | If it is not your normal routine to bedshare please consider if it is safe to do so by using this check list.               |



Scan here for more information



## Help and support

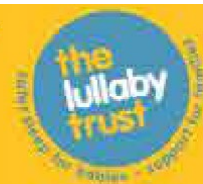
Contact your GP, Midwife, Health Visitor, or other professional that may be supporting your family.

For support and advice on sleeping your baby safely The Lullaby Trust can help

Visit: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Contact us on: 0808 802 6869

Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)



### YOU CAN QUIT SMOKING?

Get free 1-2-1 help and support from experts

CALL NOW ON 0300 123 1044

[www.cry-sis.org.uk](http://www.cry-sis.org.uk) Tel: 08451 228 669

[www.familylives.org.uk](http://www.familylives.org.uk) Tel: 0808 800 2222

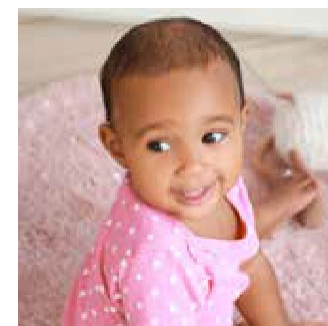
[www.samaritans.org](http://www.samaritans.org) Tel: 116 123

NHS Advice Line 111

Feb 2023

# Keeping Babies Safe

## Safe sleep Safe handling



keeping babies safe  
never, ever shake your baby



**NHS**  
Derby and Derbyshire  
Integrated Care Board

# Safe handling

Crying is how babies communicate their needs. Some babies cry more than others.

A baby crying can be stressful. It can increase feelings of living on the edge, a sense of loss of control and social isolation.

Keep calm – try your usual comforting measures; talk calmly to the baby, stroke them gently, take them for a walk, hum/sing to your baby, have skin to skin contact with your baby, give them a warm bath.

If this doesn't help or you feel upset or agitated, then put the baby in a safe place and take a few minutes break.

It is ok to ask for help from friends, family, or your Health Visitor.

**Never, ever shake or hurt a baby.** It can cause lasting brain damage and death. Have you seen the video "never, ever shake your baby"? Click on the link to play the [video](#).



# Safer sleep

Put babies on their backs for every sleep.

1. Babies should sleep in a clear flat sleep space.
2. Keep babies smoke free day and night.
3. Do not sleep with your baby on a sofa or chair.



Babies should not be in a car seat for longer than 2 hours at a time and they should be taken out frequently. It's ok if a baby falls asleep in a car seat whilst travelling, but they should be taken out as soon as the destination is reached, and placed onto a firm, flat surface to sleep.

[How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)

# Bed-sharing and co-sleeping



For safer co-sleeping:

- Keep pillows, sheets, blankets away from baby as they could obstruct baby's breathing or cause them to overheat.
- We advise against the use of a sleep pod or other sleep systems.
- Avoid letting pets or other children in the bed.
- Make sure baby won't fall out of bed or get trapped between the mattress and the wall.
- Follow all other safer sleep advice to reduce the risk of SIDS such as sleeping baby on their back.

[Co-sleeping with your baby: advice from The Lullaby Trust - The Lullaby Trust](#)