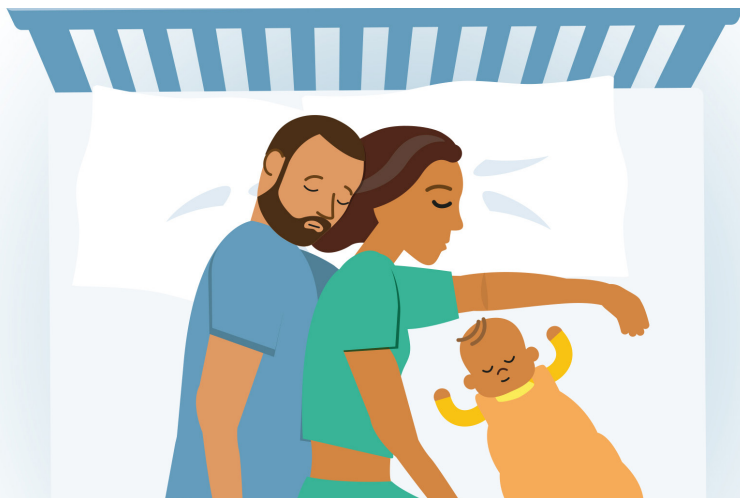


If you choose to co-sleep...



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

Key Safer Sleep Messages

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

For safer co-sleeping/bedsharing:

- Keep pillows, sheets, blankets, any other items away from your baby as they could obstruct baby's breathing or cause them to overheat.
- Avoid the use of a sleep pod or other sleep systems.
- Follow all other [safer sleep advice](#) to reduce the risk of Sudden Infant Death Syndrome (SIDS) such as sleeping baby on their back.
- Avoid letting pets or other children in the bed.



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more information



Safety first if co-sleeping/bedsharing

Practitioners who visit you to see 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. Do not sleep with your baby on your sofa or armchair this increases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50 times ([Lullaby Trust](#)). If you answer yes to any of these questions you are advised not to co-sleep/bed share due to the increased risk of 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.

Adapted from NHS North Lancashire leaflet 'Where might my baby sleep'. More information go to the [Lullaby Trust](#).

For support and advice on sleeping your baby safely The Lullaby Trust can help
 Visit: www.lullabytrust.org.uk
 Contact us on: 0808 802 6869
 Email: info@lullabytrust.org.uk



YOU CAN QUIT SMOKING?

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