

What can you do to help your baby sleep safely?



You can take simple steps to help keep your baby safe while they sleep, even when things don't go to plan.



Look at the sleep space

With your permission, someone supporting you may look at where your baby sleeps to help check it's as safe as it can be.



Keep the conversation going

It's helpful to talk about safe sleep regularly as your baby grows and changes.

Think about where your baby will sleep

If they stay with family or friends, if you're away from home or on holiday.



Talk things through

Have open, honest conversations about how and where your baby sleeps.

Think together about "What if" situations

What if you're very tired or feeling unwell?

What if you accidentally fall asleep while feeding your baby?

What if I am going to have a few alcoholic drinks tonight?

Planning ahead can help avoid unsafe sleeping situations.

Your choices matter

Every family is different, and what works for one may not work for another. If you choose to share a bed with your baby, it's important to talk about why and look at ways to do this as safely as possible, without judgement.

Get trusted information and make it fit your family

Follow advice from reliable sources, such as The Lullaby Trust, which is based on the latest research. Guidance can change as new information becomes available, so staying informed is helpful. Safe sleep advice should be tailored to your home and your baby's needs.

