

# Safer sleep

Do...



Always place your baby on their back to sleep



Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



Breastfeed your baby if you can

Don't...



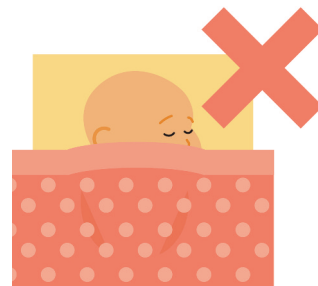
Never sleep on a sofa or armchair with your baby



Don't sleep in the same bed as your baby if you smoke, drink, take drugs or your baby was premature or low birth weight



Keep your baby smoke free during pregnancy and after birth



Don't cover your baby's face or head