



Safe Sleep Advice Quick Reference Card



If using a sling, follow the T.I.C.K.S acronym:

- Tight
- In view at all times
- Close enough to kiss
- Keep chin off the chest
- Supported back

To avoid accidents, remove all pillows, soft bedding, cot bumpers and soft toys from the cot – an empty cot is a safe cot

Never leave their baby alone in the bed, as even very young babies can wriggle into a dangerous position.

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

Never sleep on a sofa or in an armchair with your baby – this increases risks of accidental suffocation

Put babies on their **BACK** for every sleep

In a **CLEAR, FLAT SLEEP SPACE**

Keep them **SMOKE FREE** day and night

Don't sleep in the same bed as your baby if you:

- Smoke
- Have drunk alcohol
- Have taken drugs
- Are extremely tired
- Your baby was born prematurely
- Your baby was of low birthweight

Breastfeed your baby, if you can

Use a firm, flat, waterproof mattress in good condition

Avoid letting your baby get too hot

