



Lancashire has one of the highest rates of unexpected infant deaths in the country.

**For further support and advice contact:**

Your Health Visitor  
Community Midwife  
Your G.P.

The Foundation for the Study of Infant Death (FSID)  
020 7222 8001 [www.fsid.org.uk](http://www.fsid.org.uk)

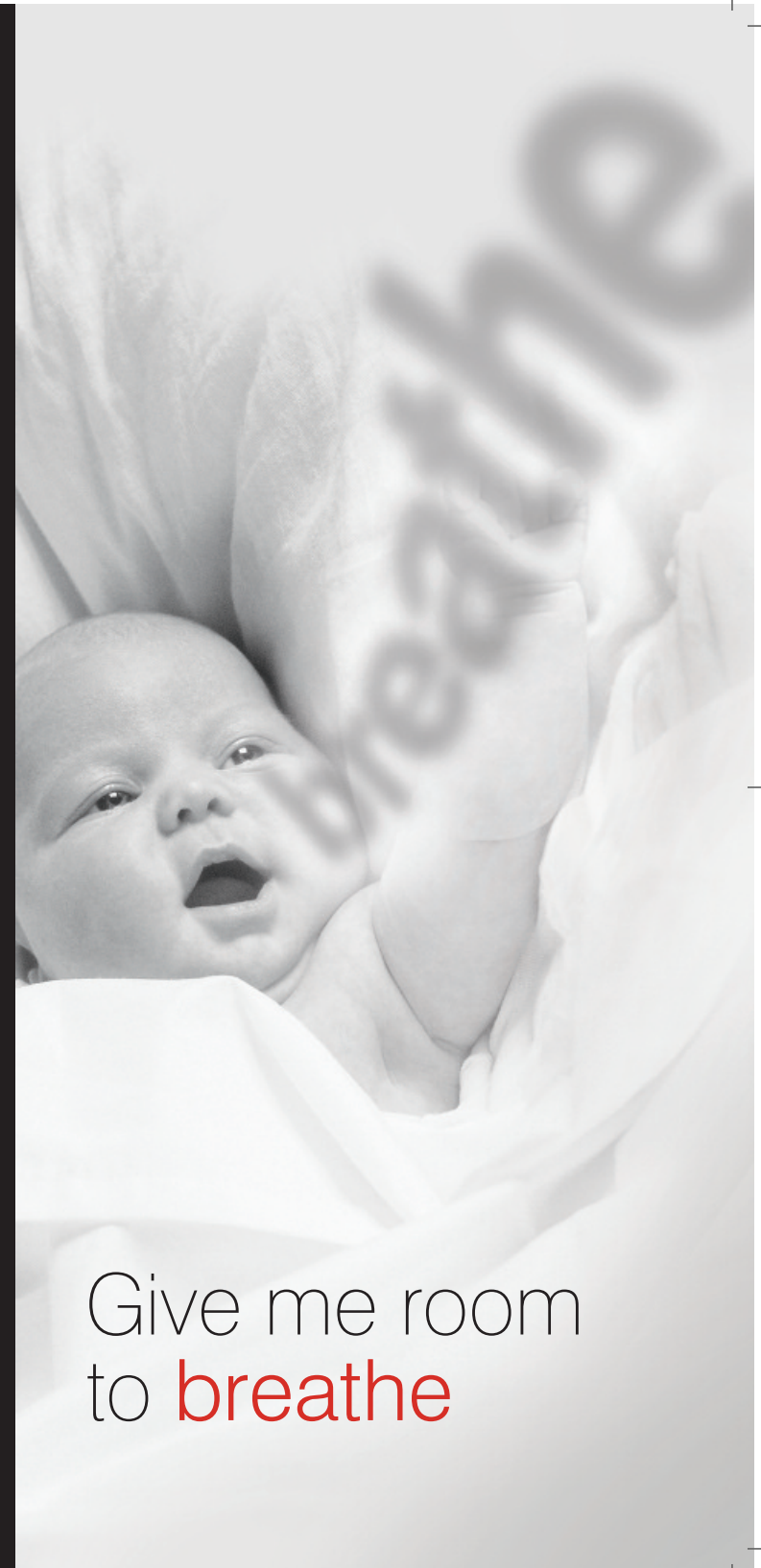
Your local Surestart Children's Centre

For information about your nearest children's Centre contact the Childcare Information Service on 0800 195 0137 or visit [www.lancashire.gov.uk/childcare](http://www.lancashire.gov.uk/childcare)

To download further copies of this leaflet, visit [www.lancashire.gov.uk/education/safe\\_child\\_board/](http://www.lancashire.gov.uk/education/safe_child_board/)



Information contained in this leaflet is based on research undertaken by The Foundation for the Study of Infant Death (FSID) 020 7222 8001 [www.fsid.org.uk](http://www.fsid.org.uk)



Give me room  
to **breathe**

# Give me room to breathe

If you share a bed with your baby the risk of your baby dying unexpectedly is increased if you or your partner:

- are smokers (no matter where or when you smoke and even if you never smoke in bed);
- have recently drunk alcohol;
- have taken medication or drugs that make you sleep more heavily;
- are very tired.

Or

- If your baby was premature (born before 37 weeks);
- was low birth weight (less than 2½ kg or 5½ lb).

## Accidents can happen

- You might roll over in your sleep and suffocate your baby.
- Your baby could get caught between the wall and the bed.
- Your baby could roll out of your bed and be injured.

**There are easy steps that can be taken to reduce the risk of your baby dying unexpectedly.**

- Never sleep with your baby on a sofa or armchair.

It's very dangerous to sleep together with a baby on the sofa, armchair or settee and it's also risky to sleep a baby alone in an adult bed.

- The safest place for your baby to sleep is in a cot in a room with you for the first six months.

To prevent wriggling down under covers, babies who sleep on their backs at the foot of the mattress with bedclothes firmly tucked in and no higher than their shoulders are safer.

- Don't let anyone smoke in the same room as your baby.

Babies exposed to cigarette smoke are at an increased risk of dying unexpectedly.

- Don't let your baby get too hot (or too cold).

Overheating can increase the risk of your baby dying. Use sheets and lightweight blankets but not duvets, quilts, baby nests, wedges, bedding rolls or pillows.

If your baby is sweating or their tummy feels hot to the touch, take off some of the bedding. Don't worry if baby's hands or feet feel cool, this is normal.

Keep the room at a temperature that is comfortable for you, about 18°C (65°F) is comfortable. The generally accepted normal body temperature for a healthy person is 37°C.

**Falling asleep** with your baby while under the influence of alcohol, drugs or medication significantly increases the risk of your baby dying.