

Safer Sleep for babies & infants

For more information please see the
Essex Safeguarding Children Board &
the Lullaby Trust websites
www.escb.co.uk or
www.lullabytrust.org.uk

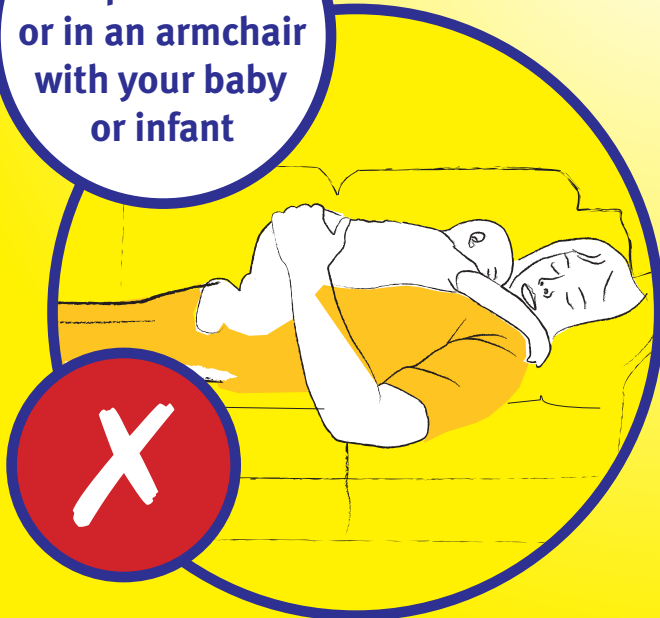


Place your
baby on their
back to sleep –
feet to the foot of
the cot



The
safest place to
sleep is 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
or infant



Don't
cover their face
or head while
sleeping or use
loose bedding

