Safer Sleep for Babies



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 place

With your permission someone supporting you can look at the sleep space to make sure it is as safe as it can be.

Keep the conversation going

It's helpful to talk about safer sleep regulalry as your baby grows and changes.

Talk things through

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

Think about where your baby will sleep

If they stay with family or friends or if you are away from home or on holiday.

Think together about "what if" conversations

- What if you are very tired or feeling unwell?
- What if you accidentally fall asleep while feeding your baby?
- What if I'm going to have a few alcoholic drinks tonught?
- Planning ahead can help avoid unsafe sleep arrangements.

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 is important to talk about why and look at ways to do this as safely as possible, without judgement.

Life with baby can be unpredictable here are some quotes from parents:

"I planned a night out when my abby was 3 months old and my mum was looking after them. I had a few drinks and my baby wouldn't settle so I ended up going home and sharing a bed with my baby. I hadn't planned to but I didnt know what else to do"

"mY partner already had a child and didn't agree with new guidance. I felt I had to follow his lead because he had done it before"

"My baby had reflux and would only settle with me. I needed more support with mamnaging reflux and was desperate for some sleep"

"I didn't tell my health visitor because I was worried about getting judged"

Planning ahead can help reduce risk, especially when tiredness, alcohol or last minute changes are involved.
Safer sleep advice has changed over time. Difference in experience/opinion can make decissions harder.
Get up to date information at the lullabye trust.
Sometimes parents are doing the best they can but need some additonal support. Many parents find it hard toi talk honestly about how their baby sleeps but you deserve support without judgement.