



KNOW MORE about sleeping with your baby

The safest place for baby to sleep is in a cot in your room for at least the first 6 months

NEVER share a bed with your baby if either you or your partner **smokes**, has **drunk alcohol**, has taken **legal (prescribed or unprescribed) medication/drugs** that make you sleepy, **taken illegal drugs** or **your baby was premature or low birth weight**. Your baby could **suffocate** in the covers or pillows or if you roll on top of them.

Local babies have died this way.

Keeping babies safer in the Black Country designed and developed by Dudley Council Public Health endorsed by Black Country CDOP

For more information go to <https://www.lullabytrust.org.uk/>

