

Sudden Infant Death Syndrome (SIDS)

Sudden infant death syndrome is the sudden and unexpected death of a baby where no cause is found. This is rare but it can still happen and there are some steps parents can take to reduce the risk of this occurring.

- Always place your baby on his/her back to sleep
- your baby should be placed with their feet to foot of the cot/ Moses basket to prevent them from sliding underneath covers
- do not use cot bumpers or quilts, only use sheets and lightweight blankets
- keep your baby in a smoke free environment
- ensure room temperature is between 16-20°C, as overheating your baby can be dangerous
- use a firm, flat, waterproof mattress in good condition
- the safest place for your baby to sleep is in a cot or Moses basket in the same room as you, for the first six months.



Some parents may choose to co-sleep/bed-share with their baby. It is important for you to know how to do this safely – and when it is not advised as bed sharing is known to increase the risk of SIDS. Never fall asleep with your baby on a sofa or armchair.
