

Bed sharing is particularly dangerous if:

- either you or your partner smokes
- either you or your partner has drunk alcohol or taken drugs
- you are extremely tired
- your baby was born prematurely
- your baby was born at a low weight (2.5kg or 5½lbs or less)

You can also get further information from you midwife or health visitor if you have any questions or concerns.

For more information visit:

- **Infant Sleep Information Source:** www.isisonline.org.uk
- **Lullaby Trust:** www.lullabytrust.org.uk/safer-sleep-advice
- **NHS Choices:** www.nhs.uk/conditions/pregnancy-and-baby/pages/reducing-risk-cot-death.aspx
- **Unicef:** www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-baby-at-night-web.pdf

Maternity Voices

Ask your midwife or health visitor about your local Maternity Voice Partnership group. These groups consist of new mums, midwives, doctors and other allied health professionals who meet to discuss, learn and help share ideas for improved services across Suffolk and North East Essex.

Comments and complaints

Whilst you are in hospital, if you have a comment or complaint, please ask your midwife if you can speak to the ward manager or midwife in charge.

After you have gone home, if you want to speak to someone about your care, or to make a comment or complaint, please ask your midwife for your local PALS (Patient Advice and Liaison Service) contact details.