Safer sleeping check list for babies

* Baby has a safe space to sleep (Cot/Moses basket) (For the first six months, to be in the same room as parents/carers)
* To reduce risk, the baby’s sleep space has no pillows, loose bedding, soft toys or bumpers
* Mattress to be firm, flat, waterproof and in good condition
* Baby is put to sleep on their back and in the feet to foot position
* The recommended optimal room temperature is between 16 – 20C for a sleeping baby

For more information and the ‘Do’s’ and ‘Don’t’s’ on safer sleeping, please visit the Lullabys Trust website - [Safer Sleep Week | The Lullaby Trust](https://www.lullabytrust.org.uk/about-us/our-campaigns/safer-sleep-week/)

