Bed-sharing safety tips



Keep the space around your baby clear of pillows and duvets

Avoid letting pets or other children in the bed

Never bed-share
if you or your
partner have
drunk alcohol,
smoke or taken
medication
that makes you
drowsy

Always sleep baby on their back

Never bedshare if your baby was born prematurely or a low birth weight

www.lullabytrust.org.uk Free info line: 0808 802 6869 Registered charity no: 262191