**The safest place for your baby to sleep is on their back in a cot or Moses basket in the same room as parents/ carers for the first six months.**

* Car seats should only be used for journeys. If a baby is under six weeks old, they should be taken out for a stretch every 30 minutes.  If a baby is over six weeks old they should be taken out for a stretch every hour. Babies heads may drop forward making it hard for them to breath. Babies can’t regulate their temperate and could get very hot in a car seat if they are over dressed.
* Babies can’t regulate their own temperature and can easily overheat. Duvets and pillows might cover their face and make it difficult to breath.
* Its lovely to cuddle a sleeping baby but in bed the body heat of an adult could cause the baby to overheat or a sleeping adult could roll onto the baby causing death or serious harm.
* Smoking significantly increases the risk of Sudden Infant Death Syndrome. Parents should be supported to quit smoking though services provided in Hampshire and the Isle of Wight. For parents that continue to smoke they should be advised to make the home smoke free by not smoking indoors, changing their clothes after smoking and washing their hands before coming into contact with the baby.
* Prescription and over the counter medication, alcohol and street drugs can make you drowsy and may impact your response to a baby.
* A travel cot is an ideal place for a baby to sleep when away from home. The mattress on a travel cot may seem thin but this is perfect for your baby to sleep on. Extra padding for the mattress isn’t needed as it makes the surface too soft which can cause a risk to the baby if it moves. It can also get too hot. As babies can’t regulate their own temperature this can lead to over heating.  Babies need a firm flat sleep surface.
* Airbeds, sofa cushions, folded duvets or blankets, footstalls and pouffes are not safe for a baby to sleep on as they can move and are soft. Babies could fall or get wedged in a position that makes it hard for them to breathe.
* Sleep products are designed for specific ages and sizes. Using a product that is not suitable for the baby’s age/size can be very dangerous. Just because something is made by a brand you know or sold on the high street doesn’t make it safe.
* A sofa is one of the most dangerous places to fall asleep with a baby and increases the risks of Sudden Infant Death Syndrome by up to 50 times. Babies could fall off the sofa, or become wedged at the back making it difficult for them to breath.