

Safe Sleep for your Baby

Always place
your baby on
their back to
sleep.

Make sure
your baby's
head and face
stay uncovered
when asleep.

Keep your
baby smoke free
during pregnancy
and after birth.



The safest
place for your
baby to sleep
at night is in
a cot in your
room.

Never fall asleep
with your baby
on a sofa or
an armchair.

Breastfeed
your baby if
possible.

Share this information with everyone who looks after your baby

**If you would like more information,
please contact:**

National Paediatric Mortality Register
George's Hall, Temple Street Children's University
Hospital, Temple Street, Dublin 1
Telephone: 01 878 8455 www.sidsireland.ie

IN AN EMERGENCY
Phone 999 or 112
Ambulance • Fire • Gardaí

Visit www.hse.ie/childsafety
for more information on child
safety and the prevention of
injuries (accidents).