

FSID free phone and website for health care professionals and parents

0808 802 6868

www.fsid.org.uk



bubbalicious

the place for young parents. www.bubbalicious.co.uk

Breastfeeding your baby will reduce the risk of Sudden Infant Death Syndrome.

Email: ifp@medway.gov.uk or phone 07908 817569 / 01634 331054 for details.

Visit www.medway.gov.uk or phone 01634 306000 for advice about housing, benefits, children's services, social care and the family information service.

0800 234 6805

www.smokefreemedway.co.uk

- Babies are safest sleeping on their backs, in their cots, feet to the end, in their parent's room for the first six months. Babies heads should be uncovered.
- Babies should never sleep on sofas, armchairs or in their car seats, unless they are out and about.
- The ideal room temperature for a baby to sleep is 16-20°C.
- Babies are less likely to die if they have been fully vaccinated.
- Premature babies have a much higher rate of cot death.
- Parents/carers should not share a bed with their baby if they have been drinking alcohol, taking drugs or are smokers.

Reducing sudden unexpected deaths in infancy. Ask every time you visit the home of a child under six months.

- Where did your baby sleep last night? Please show me.
- Does anyone smoke in your house? Medway Stop Smoking Service could help you quit.
- Do you take medication or use drugs or alcohol?
- Was your baby born prematurely?
- What temperature is the room where your baby sleeps?