

# Make every sleep a safer sleep for your baby

## Staying safe

Health professionals and local councils from Newcastle and Gateshead have created a short, animated video to help parents and carers keep their babies safer when they sleep.

It explains why co-sleeping or co-napping for every sleep, including times when your routine changes due to unexpected or unplanned events, is never safe if:

- you or your partner have drunk alcohol
- or taken drugs, including prescription or over-the-counter medicines, that can make you feel sleepy or drowsy
- you share a bed with your baby if you or your partner smoke, or if the baby was exposed to smoking during pregnancy
- your baby was born prematurely (before 37 weeks of pregnancy) or if they weighed less than 2.5kg or 5.5lb when they were born.

Every year, a small number of babies in the UK sadly die suddenly and unexpectedly. This is known as **Sudden Unexpected Death in Infancy (SUDI)** previously referred to as **Sudden Infant Death Syndrome (SIDS)**. The animation will support you to make safer choices for your baby. It will help you understand how alcohol, drugs, medications that make you feel drowsy and smoking can increase the risk of suffocation and infant death. It offers simple, practical advice so every baby can sleep more safely.

## Further advice and support

Some parents choose to share a bed with their baby, and sometimes co-sleeping happens without planning. If this happens in your home, follow the Lullaby Trust's safer sleep guidance to reduce risks and help keep your baby safer.

[www.lullabytrust.org.uk/baby-safety/safer-sleep-information/co-sleeping](http://www.lullabytrust.org.uk/baby-safety/safer-sleep-information/co-sleeping)

Follow the links below for more support and advice on safer sleep, drug and alcohol services, and stop smoking support in Gateshead.

- Recovery Partnership - Gateshead | Change Grow Live  
[www.changegrowlive.org/service/gateshead-recovery-partnership](http://www.changegrowlive.org/service/gateshead-recovery-partnership)
- Smokefree Gateshead - Gateshead Council  
[www.gateshead.gov.uk](http://www.gateshead.gov.uk) search - smokefree
- Growing Healthy 0-19 Gateshead | HDFT Childrens Health Service  
[hdftchildrenshealthservice.co.uk](http://hdftchildrenshealthservice.co.uk) search - growing healthy 0-19 gateshead

[www.northeastnorthcumbria.nhs.uk/safesleep](http://www.northeastnorthcumbria.nhs.uk/safesleep)

