

# Safer Sleep

Sleep is a very important part of a baby's growth and development. There are plenty of things parents can do to help keep a baby safe whilst sleeping; these easy to remember guidelines are a great place to start:

- ★ Put babies on their back to sleep.
- ★ Make sure babies have their own clear, flat space to sleep in.
- ★ If you're considering co-sleeping, speak to a health professional for advice.
- ★ Keep babies in a smoke free environment.

For local NHS advice and support:



**0300 300 0123**



**07520 631590**



**[justonenorfolk.nhs.uk/SaferSleep](https://justonenorfolk.nhs.uk/SaferSleep)**



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