



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:



Call:

0300 300 0123



Text:

07520 631590



Visit:

justonenorfolk.nhs.uk/SaferSleep



Internet search:

'safer sleep norfolk'