



KNOW MORE about prop feeding your baby

Whilst feeding your baby with a bottle, you must always hold the bottle and your baby during the feed.

If your baby's bottle is propped up by something, your baby could **choke, suffocate or die.**

Local babies have died this way.

Keeping babies safer in the Black Country designed and developed by Dudley Council Public Health endorsed by Black Country CDOP

For more information go to <https://www.lullabytrust.org.uk/>





KNOW MORE about overdressing your baby

**You need to keep your baby warm
when it's cold outside.**

However overdressing your baby can potentially cause **over-heating, harm** and could **kill** because babies cannot **regulate their temperature**. When you put your baby into the car or go into a shop, **take a layer of clothing off**. Babies only need **one more** layer than you. Babies should not be left to sleep in their car seats indoors and **NEVER** overnight as they could overheat and die.

Local babies have died this way.

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KNOW MORE **about sofa sleeping** **with your baby**

**The safest place for baby to sleep is in a cot in
your room for at least the first 6 months**

NEVER sleep on a sofa or chair with a baby.

Your baby could **suffocate** and / or **get trapped** between you
and the sofa, or your baby could fall off the sofa

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KNOW MORE about sleeping with your baby

**The safest place for baby to sleep is in a cot in
your room for at least the first 6 months**

NEVER share a bed with your baby if either you or your partner **smokes**,
has **drunk alcohol**, has taken **legal (prescribed or unprescribed) medication/drugs**
that make you sleepy, **taken illegal drugs** or **your baby was premature or low birth weight**.
Your baby could **suffocate** in the covers or pillows or if you roll on top of them.

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KNOW MORE **about sibling sleep** **and your baby**

**The safest place for baby to sleep is in a cot in
your room for at least the first 6 months**

NEVER let your children share beds with their baby brother
or sister. Young children can easily roll on top of their baby
brother or sister and suffocate them.

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