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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





### ANOW 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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For more information go to https://www.lullabytrust.org.uk/



# 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.

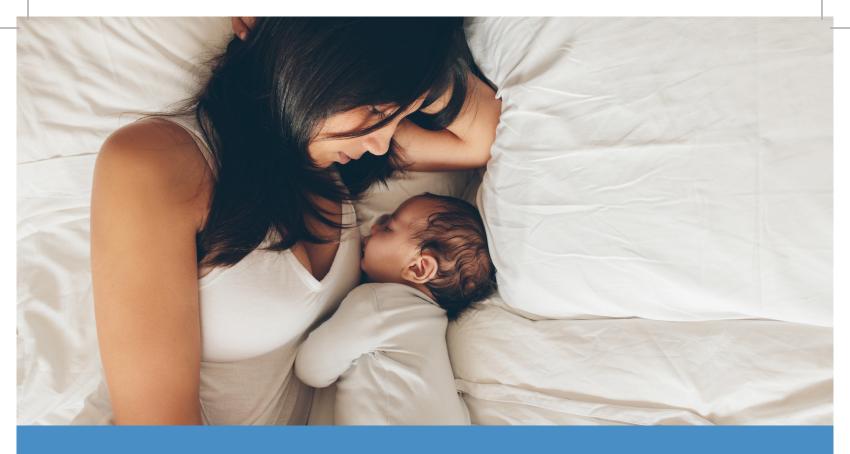
Your baby could **suffocate** and / or **get trapped** between you and the sofa, or your baby could fall off the sofa

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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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