



# 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.

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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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