

Think **twice** tonight

Where is your baby sleeping tonight?



Ask a health professional about the 'six steps' to safer sleep
or contact your local family hub.

Visit www.lancashire.gov.uk
and search 'safer sleep for baby' for more information.



When baby won't settle it can be tempting to do whatever it takes to get some sleep.

Always place baby to sleep on their back, in a clear, flat, separate sleep space, such as a cot or Moses basket.



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