

# 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](http://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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