



Falling asleep with your baby after drinking alcohol significantly increases the risk of sudden infant death.*



For further advice or to find out more visit www.fsid.org.uk or speak to your health visitor or midwife.

* Source: **British Medical Journal (BMJ)** (2009:339:B3666) 'Hazardous co-sleeping environments and risk factors amenable to change.' "...the strongest single factor...was maternal alcohol consumption... The combination of alcohol or drug use before co-sleeping was nine times more prevalent among the parents of Sudden Infant Death Syndrome (SIDS) infants"