

MAKE EVERY SLEEP A SAFE SLEEP



Southend, Essex & Thurrock
Child Death Review Partners



In Essex, Southend and Thurrock 13 babies sadly died between July and October 2025 from unsafe sleeping

Whether you are at home or away, do not co-sleep with your baby if:

- * You or anyone in the bed has recently drunk any alcohol**
- * You or anyone in the bed smokes or vapes**
- * You or anyone in the bed has taken any drugs or medication that make you feel sleepy**
- * Your baby was born prematurely or weighed under 2.5kg**

Always follow the Lullaby Trust advice on co-sleeping

