

**Reference Number:** FOI202223/010  
**From:** Private Individual  
**Date:** 04 April 2022  
**Subject:** Copy of the cosleeping policy for infants and children at Alder Hey

Q1 I would like to request a copy of your co-sleeping policy for infants and children at Alder Hey

In particular, I would like this information to better understand how parents are supported to safely bed share and co-sleep.

A1 Information not held – the Trust does not have a co-sleeping policy or guideline.

If a family is identified as not having had safe sleep advice, we provide them with the Lullaby Trust information leaflet. More information can be found on their website:

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf>

Q2 I would like information regarding co-sleeping and breastfeeding advice given to primary caregivers within the hospital.

Q2 Please see attached for our Breastfeeding advice given to parents; *Breastfeeding Parents Information Leaflet PIAG 037*. Please note that this does not cover safe co-sleeping.