

**red
nose**
saving little lives

safe sleeping

Sleep baby safely and reduce the risk of
sudden unexpected death in infancy



Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

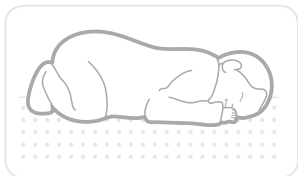
1 Sleep baby on back



Back



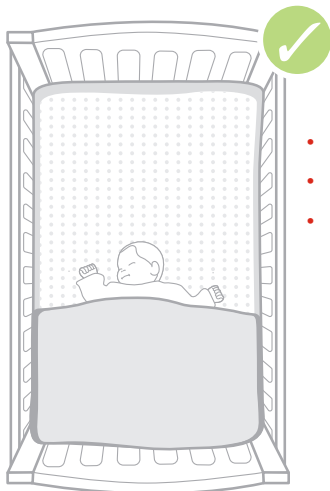
Side



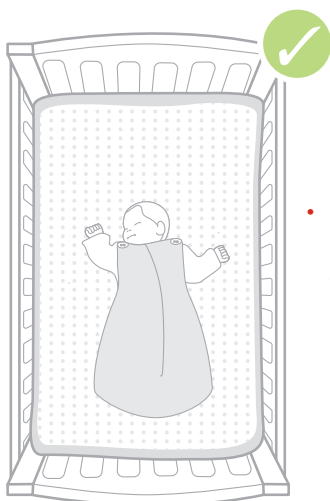
Tummy

Sleeping baby on the side or tummy increases the risk of sudden infant death

2 Keep head & face uncovered



- Baby on back
- Feet to bottom of cot
- Blankets tucked in firmly



- Use a safe baby sleeping bag with fitted neck and armholes and no hood

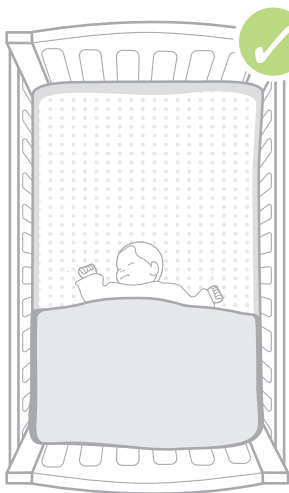
Covering baby's head or face increases the risk of sudden infant death

3 Keep baby smoke free before & after birth



Smoking during pregnancy and around baby after birth increases the risk of sudden infant death. Help to quit smoking is available from your doctor, nurse or by contacting **Quitline on 13 78 48**.

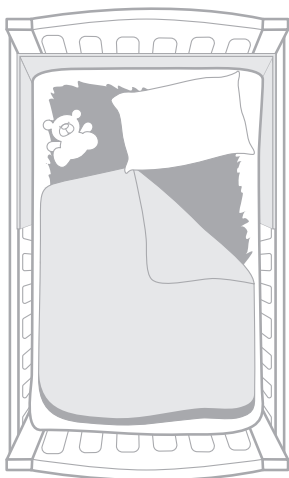
4 Safe sleeping environment night & day



- **Safe cot**
[should meet current Australian Standard AS2172]
- **Safe mattress**
firm, clean, flat, right size for cot
- **Safe bedding**
soft surfaces and bulky bedding increase the risk of sudden infant death

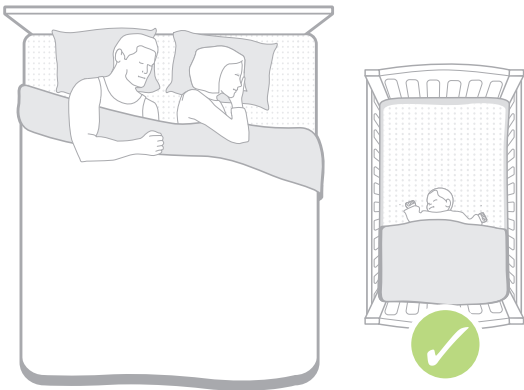


No soft surfaces or bulky bedding



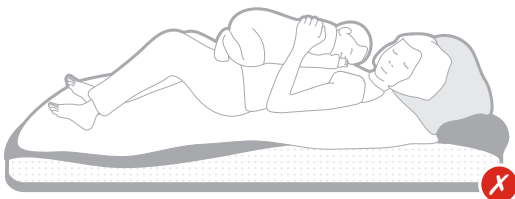
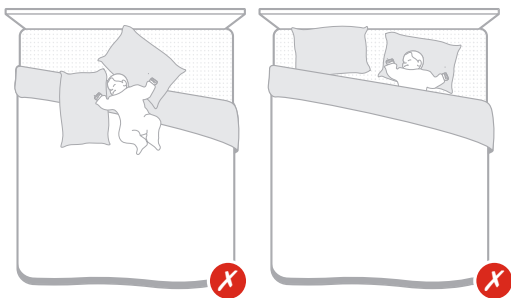
- ✗ pillow
- ✗ cot bumper
- ✗ lambs wool
- ✗ soft toy eg: teddy
- ✗ doona

5 Sleep baby in safe cot in parents' room



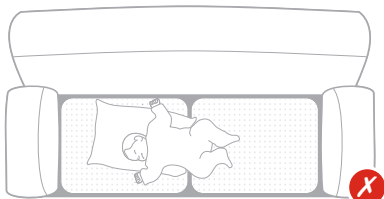
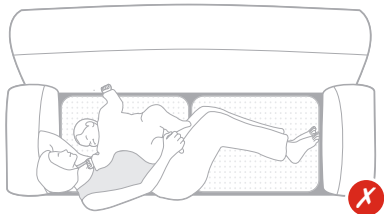
Safest place for a baby to sleep is in a safe cot next to the parents' bed

Unsafe ❌ sleeping places



Unsafe sleeping places

Pictures with a 'X' are **NOT** safe sleeping places



Breastfeed baby



Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

- ✓ Sleep baby on back
- ✓ Keep head and face uncovered
- ✓ Keep baby smoke free before and after birth
- ✓ Safe sleeping environment night and day
- ✓ Sleep baby in a safe cot in parents' room
- ✓ Breastfeed baby

**red
nose**
saving little lives

For further information talk to your midwife, child and family health nurse, doctor or contact Red Nose on

1300 308 307 | rednose.com.au
education@rednose.com.au



Find out more

Printed August 2016