

A SIDS AND KIDS PUBLICATION

# safe sleeping



*'Sleep Safe,  
My Baby'*

**sids** and kids<sup>®</sup>

## 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 and face uncovered



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

OR



- Use a safe sleeping bag with fitted neck and armholes

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

### 3. Keep baby smoke free before and 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 and day



- **Safe cot** (should meet Australian Standard AS2172)
- **Safe mattress** - firm, 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 baby to sleep is in a safe cot next to parents' bed

### Unsafe 'X' sleeping places



## Unsafe 'X' sleeping places



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

## 6. Breastfeed if you can



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



- ✓ 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 safe cot in parents' room
- ✓ Breastfeed if you can

Special thanks to SIDS and Kids ACT and ACT Health and the Department of Disability, Housing and Community services for original development.

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For further information talk to your midwife, child and family health nurse or doctor; call SIDS and Kids in your state or territory on

**1300 308 307**

or visit [www.sidsandkids.org](http://www.sidsandkids.org)



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