

Safe Sleeping

How to sleep your baby safely to reduce the risk of sudden infant death.

For all babies 0-12 months



5 Sleep baby in safe cot in parents' room for the first 6-12 months*



The safest place for baby to sleep is in their own safe space, in the same room as their parents or adult caregivers for the first 6-12 months.

6 Breastfeed baby

Breastfeeding has been shown to reduce the risk of sudden infant death. For women who aren't breastfeeding, follow the first five recommendations to help keep your baby safe.



Unsafe sleeping spaces

*For information on co-sleeping visit: rednose.org.au/cosleeping

Red Nose Safe Sleep Advice Hub
 1300 998 698
 (during business hours)
education@rednose.org.au
rednose.org.au/safesleep

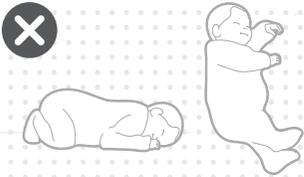
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Red Nose recommends six key steps to reduce the risk of sudden infant death.

1 Always place baby on their back to sleep



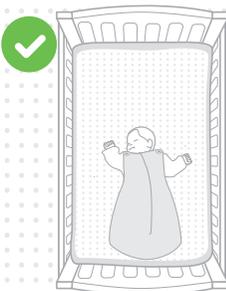
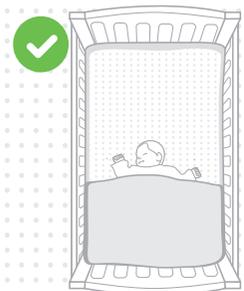
Placing baby on their back to sleep helps **keep their airway clear** and ensures their protective reflexes work. This reduces the risk of suffocation, overheating and choking.



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

2 Keep baby's face and head uncovered

Babies control their temperature through their face and head, so **keeping baby's face and head uncovered during sleep helps reduce the risk of overheating**. It also helps **keep their airways clear** which reduces the risk of suffocation.



- Baby on back
- Feet at bottom of cot
- Blankets firmly tucked in
- Only pulled up to chest
- Always choose a safe sleeping bag - fitted across the neck and chest, with baby's arms out, and no hood.

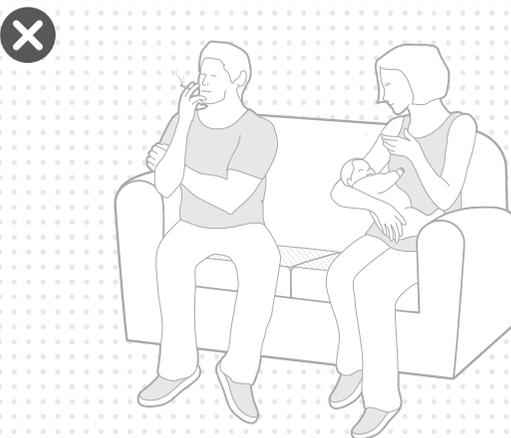
3 Keep baby smoke free before and after birth

Smoking during pregnancy and around baby once they are born increases the risk of sudden infant death - this includes second-hand smoke.



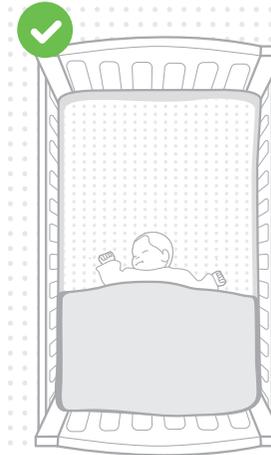
If you or your partner smoke, don't smoke around baby and never smoke where baby sleeps.

For free help to quit smoking call Quitline on 13 78 48.



4 Safe sleeping environment night and day

The safest place for your baby to sleep is in their own safe space, with a safe mattress, and safe bedding. Baby should always be placed on their back to sleep, with their feet at the bottom of the cot.



- **Safe cot**
Meets Australian standard AS/NZS 2172:2003.
- **Safe mattress**
Firm, flat, right size for your safe cot, meets voluntary Australian standard (AS/NZS 8811.1:2013).
- **Safe bedding**
Lightweight bedding, firmly tucked in and only pulled up to the chest.
Safe sleeping bag, well fitted across the neck and chest, with baby's arm out, and no hood.

X No soft surfaces or bulky items

Don't use any soft items in the cot. Soft items in the cot are dangerous and increase the risk of suffocation and overheating.



- X Doonas or loose blankets**
- X Pillows**
- X Cot bumpers**
- X Lambs wool**
- X Soft toys like a teddy**