

A SIDS AND KIDS PUBLICATION

safe sleeping



*'Sleep Safe,
My Baby'*

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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 and face uncovered



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

OR



- 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 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 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

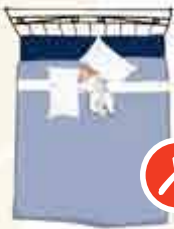
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5. Sleep baby in safe cot in parents' room



Safest place for baby to sleep is in a safe cot next to adult care givers' bed

Unsafe 'X' sleeping places



Unsafe 'X' sleeping places



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

6. Breastfeed baby



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- ✓ 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 baby

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



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