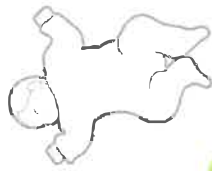


Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

1 Sleep baby on back



Back



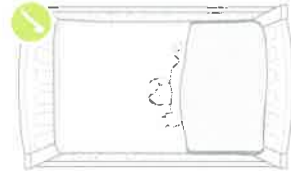
Side

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

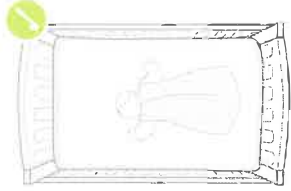


Tummy

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

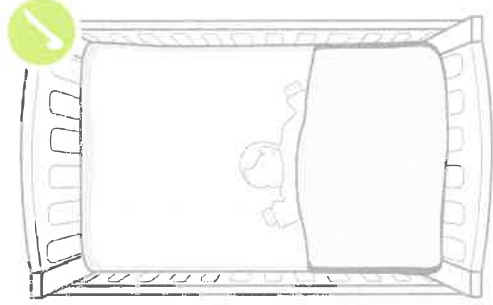
Covering baby's head or face increases the risk of sudden infant death

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**.

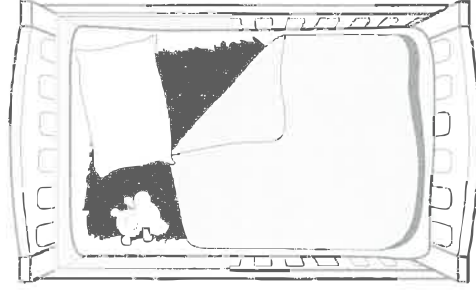
4 Safe sleeping environment night & day



- **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

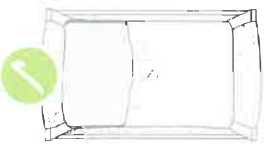
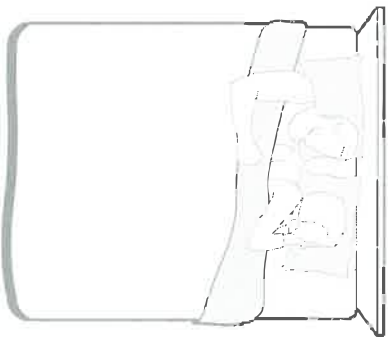


No soft surfaces or bulky bedding



- 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 X sleeping places

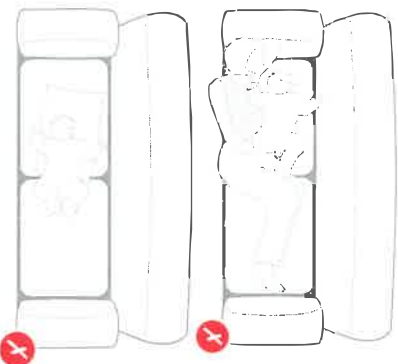


Unsafe X sleeping places

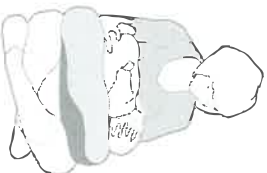
Pictures with a 'X' are **NOT** safe sleeping places



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



6 Breastfeed baby



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E education@rednose.com.au

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safe sleeping

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



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