

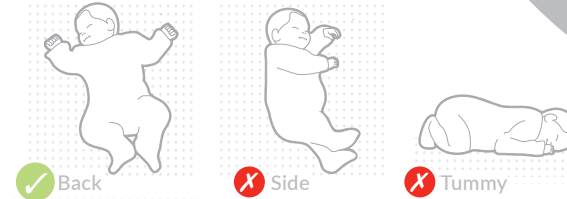


# Safe Sleep

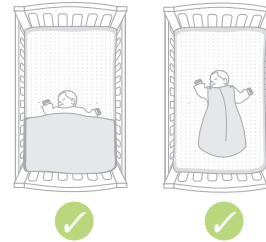
## Guide for Parents

To reduce the risk of sudden unexpected death, **always** follow the Red Nose six safe sleep recommendations:

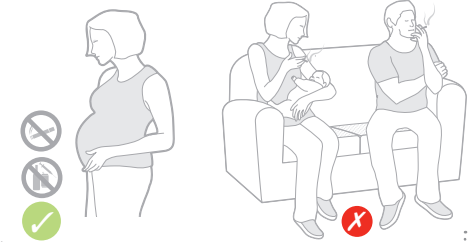
### 1 Sleep baby on back



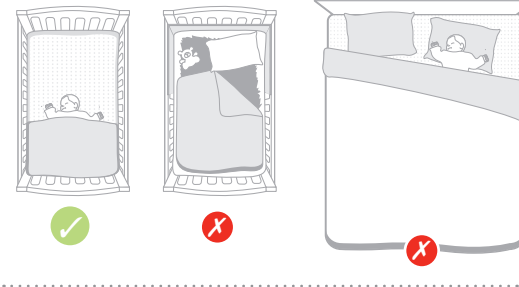
### 2 Keep head and face uncovered



### 3 Keep baby smoke free, before and after birth



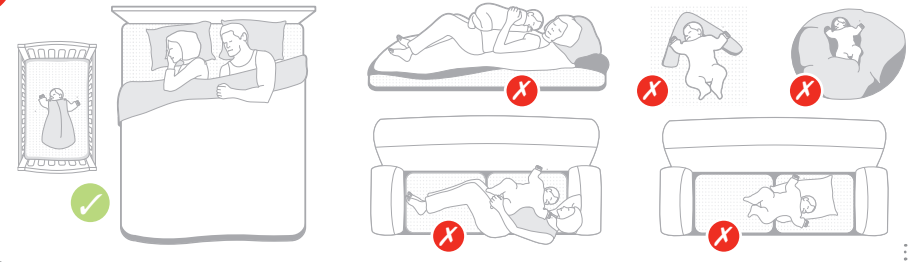
### 4 Safe sleep environment day and night



### 5 Breastfeed baby



### 6 Sleep baby in parents' room in a safe cot



## Sharing a sleep surface with baby

Red Nose does not recommend that you share a sleep surface with baby.

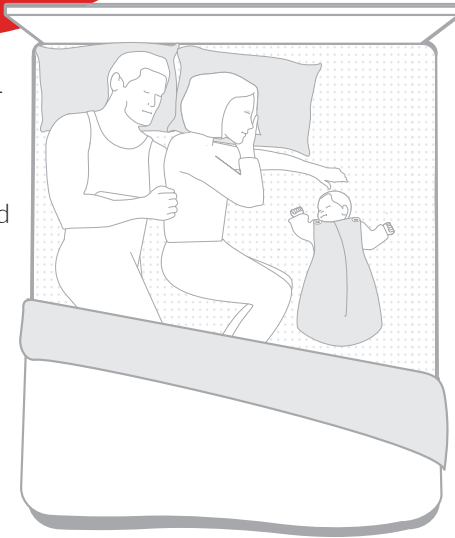
The safest place to sleep baby is in their own safe cot in their parents' room.

However, we know that some parents choose to share a bed with baby, and others may unintentionally fall asleep while holding baby during feeding or when they're comforting baby.

Sharing a sleep surface with baby can increase the risk of sudden unexpected death. We know that many parents do choose to do it, but there are some situations when you should never share a sleep surface with baby.

**If you are sharing a sleep surface or think you might fall asleep while holding baby, follow these tips:**

- ✓ Place baby on their back to sleep
- ✓ Tie up long hair and remove jewellery and teething necklaces, so they can't strangle baby
- ✓ Make sure your bedding and sheets can't cover baby's face



- ✓ Make sure the mattress is clean and firm
- ✓ Keep pillows and adult bedding away from baby
- ✓ Make sure baby can't fall off the bed
- ✓ Place baby to the side of one parent – never in the middle of two adults or next to other children or pets

- ✓ Move the bed away from the wall – so baby can't get trapped between the bed and the wall

- ✓ Use a sleep suit with no hood, but with a fitted neck and arm holes – don't wrap or swaddle baby

### Safe Sleeping Advice

Red Nose Safe Sleeping Advice Line  
**1300 998 698** (during business hours)

[education@rednose.org.au](mailto:education@rednose.org.au)

Download our free safe sleep apps



[rednose.org.au](http://rednose.org.au)

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# Tips for safer bed sharing

**Red Nose does not recommend that you share a sleep surface with baby.**

However, we know that some parents choose to share a bed with baby, and others may unintentionally fall asleep while holding baby during feeding or when they're comforting baby.

**Don't share a bed or lie down holding baby if:**

- ✗ you are overly tired or unwell
- ✗ you or your partner have recently drunk alcohol
- ✗ you or your partner smoke, even if you don't smoke in the bed room
- ✗ you or your partner have taken any drugs that make you feel sleepy or less aware
- ✗ baby was premature or is small for their gestational age

Falling asleep holding baby on a couch or chair is always unsafe – move yourself and baby to a safe sleep surface if you think you might fall asleep.

