



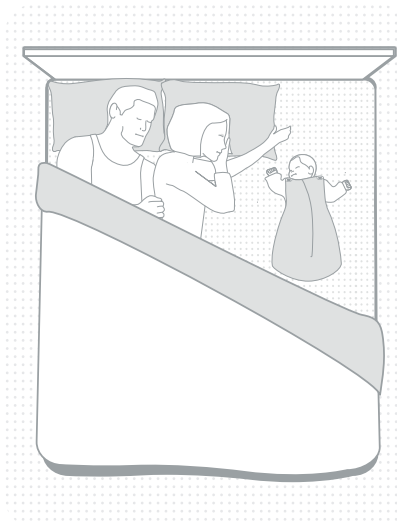
Safer co-sleeping guide for parents

Babies should be slept in their own sleep space, which is safest in a cot or bassinette. Some families choose to bring baby to bed with them, but this isn't always safe.

Read our advice on how to do it more safely.

Follow these tips for safer co-sleeping:

- ✔ Make sure the mattress is clean and firm
- ✔ Co-sleep on a mattress on the floor
- ✔ Light weight blankets and sheets
- ✔ 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
- ✔ Place a mattress on the floor beside the bed to cushion falls
- ✔ 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 bag with no hood but with a fitted neck and armholes – don't wrap or swaddle baby

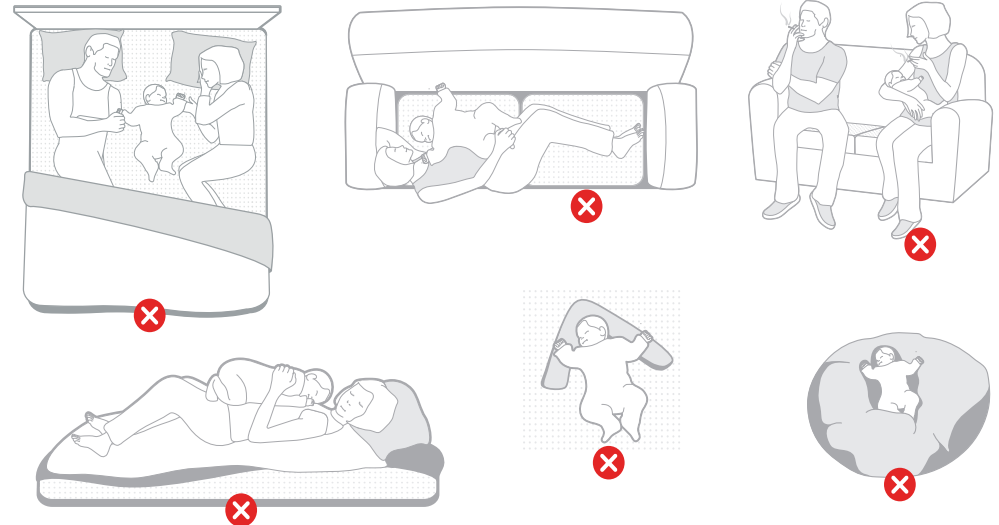


When not to co-sleep

You should never co-sleep 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 bedroom
- ✘ 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 environment if you think you might fall asleep.



Safe Sleeping Advice

Red Nose Safe Sleeping Advice Line
1300 998 698 (during business hours)
education@rednose.org.au

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