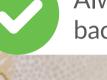
## Safe Sleeping

Red Nose recommends six steps to protect your bub's breathing and keep them safe while sleeping



Always place bub on their back to sleep

Keep bub's face and head uncovered

Keep bub smoke free before and after birth



Safe sleeping environment night and day

Sleep bub in their own safe sleep space in the same room as their parent or caregiver for at least the first 6 months





## rednose.org.au

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

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Red Nose acknowledges the Traditional Owners of the lands in which we work. live and visit.

When we listen, we learn. When we know better, we do better.

**Skye Stewart - Wergaia and Wemba Wemba** midwife from Mallee Victoria

**160** saving little lives