

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



Breastfeed bub



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

Skye Stewart - Wergaia and Wemba Wemba
midwife from Mallee Victoria

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nose**
saving little lives