

Safe Sleeping



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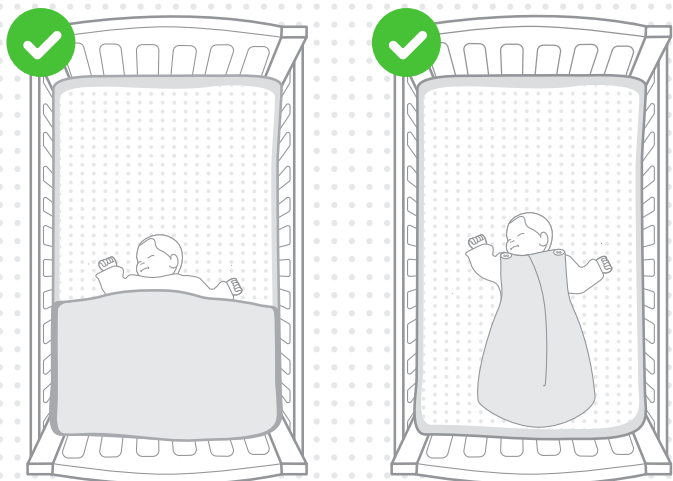
Red Nose recommends six steps to protect your bub's breathing and keep them safe while sleeping

1 Always place bub on their back to sleep.

Bub will find it easier to breathe and is safest sleeping on their back.

2 Keep bub's face and head uncovered.

- Bub's on back
- Feet to bottom of cot
- Blankets tucked in
- No beanies, hoodies or bibs

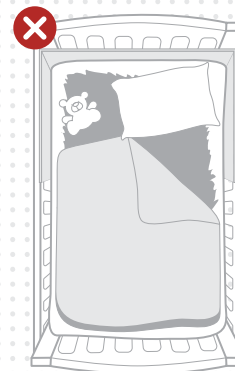


3 Keep bub smoke free before and after birth.

- Smoking during pregnancy and around bub after birth can cause trouble because smoking increases the risk of sudden infant death.
- Keep your home smoke free and don't smoke around bub or near where they sleep. By doing this, you protect bub's airways and it will keep them strong and healthy.
- You can call **Aboriginal Quitline on 137 848**. It's free and you can have a yarn to someone who understands and can support you to quit.

✗ No soft surfaces or bulky items

No need for soft items in the cot. Toys, pillows or doonas can be dangerous for bub. They increase risk of suffocation and overheating.

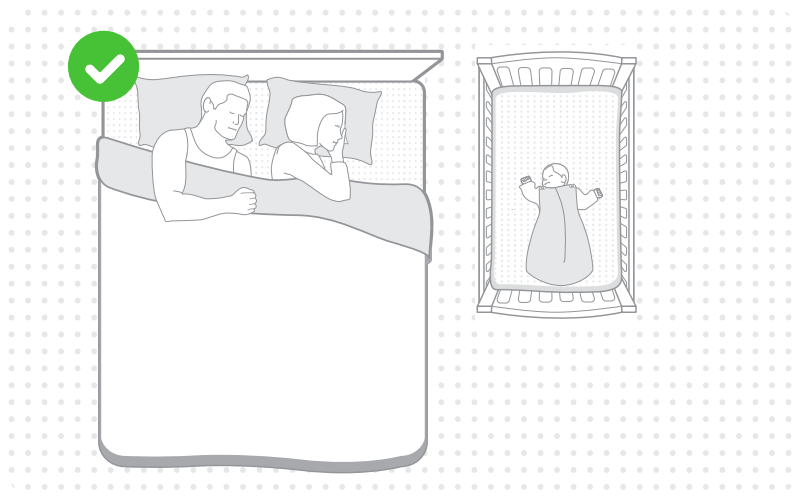


- ✗ Doonas or loose blankets
- ✗ Pillows
- ✗ Cot bumpers
- ✗ Lambs wool
- ✗ Soft toys like a teddy

4 Safe sleeping environment night and day.

The safest place for bub is in their own safe space with a safe mattress and safe bedding.

Bub should be on their back with their feet to the bottom of the cot.



5 Sleep your bub in a safe carers room for the first 6 months

The safest place for your bub to sleep is in their own safe space, in the same room as their parent or adult caregiver. This is a safe space away from pets and siblings too.

6 Breastfeed your bub

Breastfeeding has shown to reduce the risk of sudden infant death. Giving breastmilk to bub is a good way to keep them strong.

Co-sleeping

Co-sleeping is when parents bring their bub into bed with them to sleep, or they sleep together somewhere else. Sometimes you plan to co-sleep and sometimes it happens unexpectedly.

The safest place to sleep bub is in their own safe space but if you choose to co-sleep you should understand how to make sleep safer.

There are times when co-sleeping with your bub can be dangerous.

Co-sleeping is no good, if:

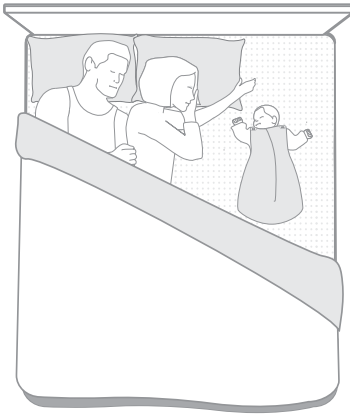
- You or your family were drinking alcohol
- You or your partner smoke – even if not around bub
- You or your partner have taken any drugs that may make you drowsy – this includes prescription drugs too
- Your bub is born early or is a small bub

We know that you always try to do your best by your bub! Hopefully these recommendations showed you some ways about keeping bub safe during sleep times.

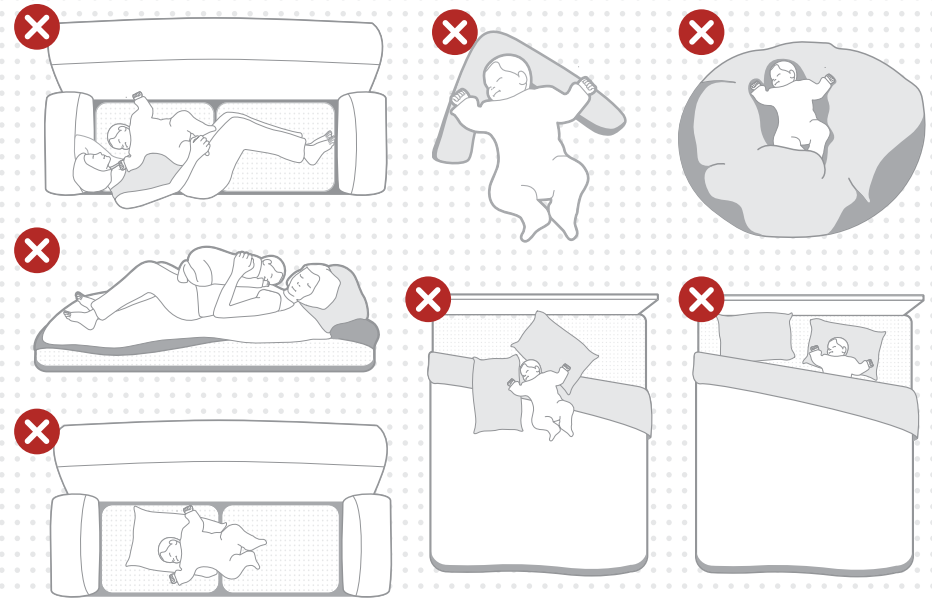


✓ Follow these tips for safer co-sleeping

- ✓ Always place bub on their back to sleep
- ✓ Tie up long hair and remove all jewellery including teething necklaces
- ✓ Place bub 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 bub can't get trapped between the bed and the wall
- ✓ Create a clear sleep space for bub to sleep
- ✓ Make sure bub's face and head remain uncovered
- ✓ Make sure the mattress is firm and flat
- ✓ Make sure your bedding and sheets can't cover bub's face
- ✓ Make sure bub can't fall off the bed
- ✓ Use a safe sleeping bag with no hood and bub's arms out – don't wrap or swaddle bub
- ✓ Keep pillows away from bub's sleep space



✗ Unsafe sleeping spaces



*For information on co-sleeping visit: rednose.org.au/cosleeping

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

This resource was co-designed with First Nations people.

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

–Skye Stewart

Wergaia and Wemba Wemba woman from Mallee Victoria

Red Nose Safe Sleep Advice Hub
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