



red  
nose

# Safe Sleeping A Visual Guide for Parents

Helping parents and  
carers identify what is  
and isn't safe for their  
babies

Updated 2024



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



## We know that you want to do what is best for your baby.

But making sense of all of the information available and advice you receive can be hard. To help make it simple, we have developed this visual guide to help you follow Red Nose's evidence based Safe Sleep Recommendations.

## How to use this guide

The images in this guide show the Safe Sleep Recommendations in practice, and also show positions and environments that are not safe for your baby. Before you purchase nursery products or settle your baby to sleep, refer to this guide to make sure you are following the Safe Sleep Recommendations.

## If you have any questions, you can visit

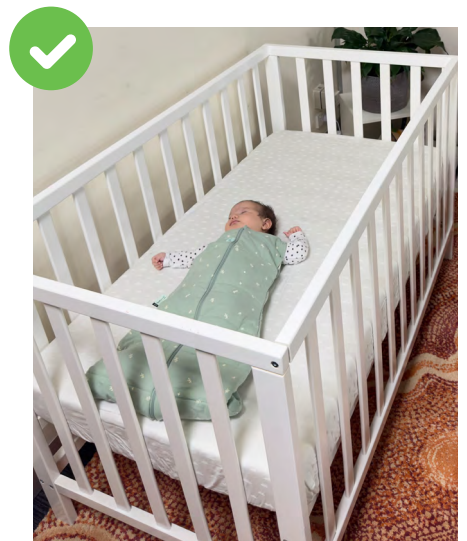
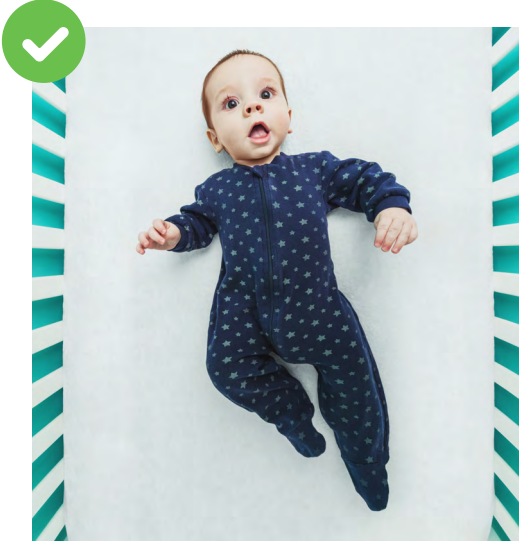
**Safe Sleep Advice Hub**  
rednose.org.au

or

**Safe Sleep Advice Line**  
1300 998 698

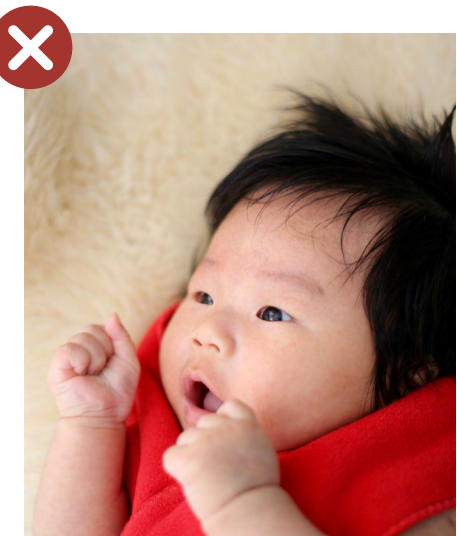
# ✓ Safe cot set-up

- Cot meets Australian standard AS/NZS 2172:2003
- Portacot meets Australian standard AS/NZS 2195
- Rail is up
- Mattress is fitted, firm, clean and flat
- Bedding is firmly tucked in with no ripples.



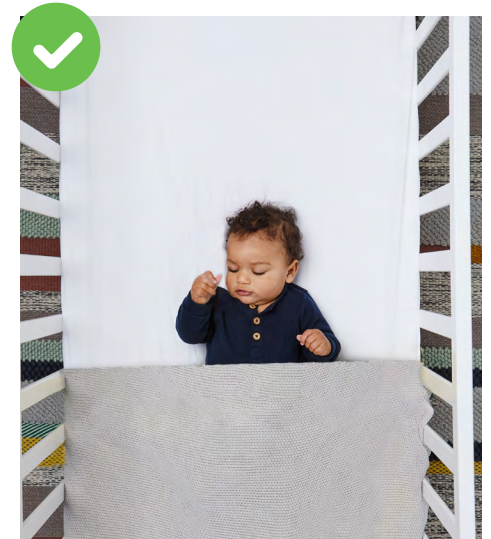
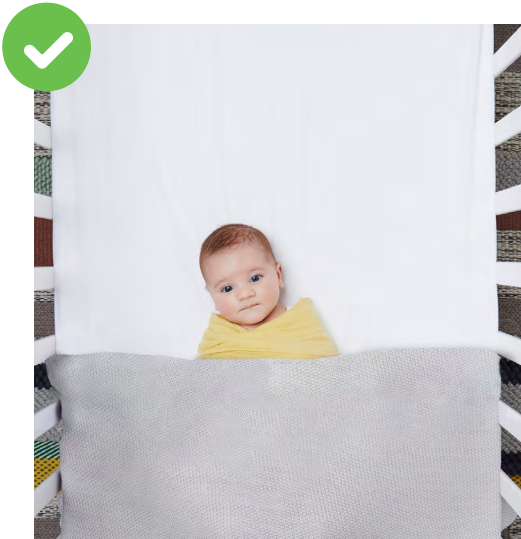
# ✗ Unsafe cot set-up

- Soft and bulky bedding such as doonas and lambs wool
- Pillows
- Cot bumpers
- Toys in cot
- Blankets hanging from the cot
- Mobiles
- Bunting
- Set up close to free standing furniture, windows or curtains.



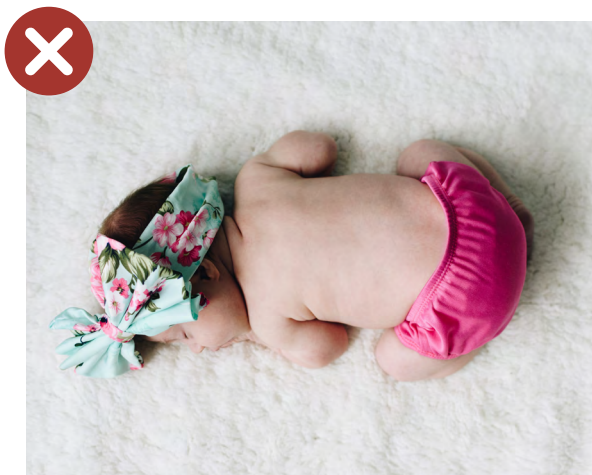
# ✓ Safe sleeping position in a cot

- Baby on back
- Head and face uncovered
- Feet to bottom of cot
- Blankets tucked in firmly with arms out (see baby clothing page for more info)
- Once baby is showing signs of rolling, stop wrapping to ensure baby's arms are free.
- If baby is in a sleeping bag, arms are out



# ✗ Unsafe sleeping position in a cot

- Do not place:**
- Baby on tummy
  - Baby on side
  - Props/wedges
  - Breastfeeding pillows
  - Positioners
  - Nests or in-cot sleeping devices
  - In an inclined position



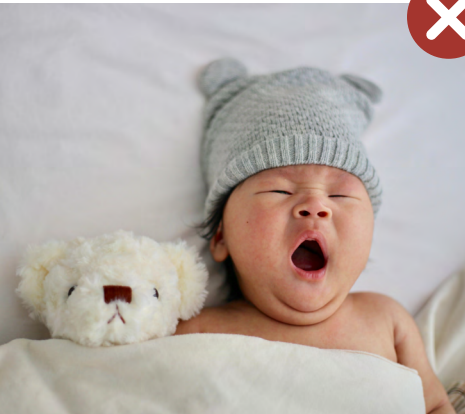
# ✓ Safe baby clothing

- Safe Wrapping: use lightweight wrap, no additional zips, velcro or fasteners and stop wrapping when baby begins to roll
- Safe Sleep Bag: with fitted neck, armholes and no hood, with no extra blankets
- If not wrapped or not in a sleep bag: make sure to use a lightweight sheet and blanket firmly tucked in
- Dress baby in light layers of natural fibre fabrics such as cotton, bamboo, muslin



# ✗ Unsafe baby clothing

- Do not use:**
- Head coverings on baby (hats, hooded clothing, beanies)
  - Teething necklaces and bracelets
  - Jewellery or buttons
  - Sleeping bag without armholes and/or with a hood
  - Cocoon type swaddles with zips and arms in
  - Headbands
  - Too many layers of clothing or bedding that may cause baby to overheat.



# ✓ Safe nursery set up

- Nothing in the cot - no toys, pillows or cot bumpers
- Cot set up away from cords or curtains



# ✗ Unsafe nursery set up

- Keep cots and beds away from dangling cords such as blinds
- No mobiles / bunting over or near the cot
- No blankets, toys or bunting on cot railing
- Make sure all furniture is bracketed to wall
- No furniture, heaters, wall art, accessories or plants within reach of the cot



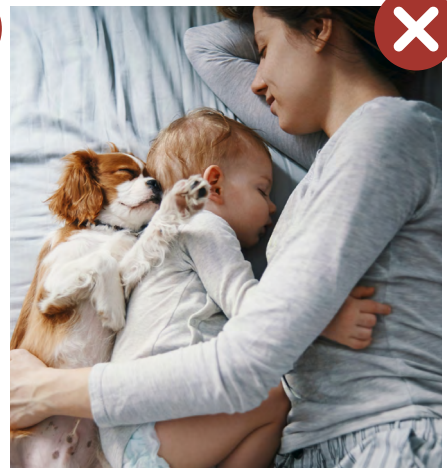
# ✓ Safe situations

- supervised tummy time when baby is awake and settled
- upright for cuddles
- breastfeeding if possible
- smoke free environment



# ✗ Unsafe situations

- Baby asleep on an unsafe sleep surface (rocker, pram, couch, bean bag)
- Baby asleep in bed with parents/carers
- Incorrect use of a baby sling
- Baby asleep in car seat or capsule wearing a hat or hood
- Baby asleep in adult bed or on couch
- Co sleeping. Never co-sleep multiple children, or place baby in between parents. No adult bedding near baby. When co-sleeping, baby should not be wrapped or swaddled. [Learn more](#)
- Sleeping with pets



# To reduce the risks of SIDS and fatal sleep accidents

## Our six Safe Sleep recommendations

1. Always place baby on their back to sleep
2. Keep baby's face and head uncovered
3. Keep baby smoke free, before and after birth
4. Safe sleeping environment, night and day
5. Sleep baby in their own safe sleep space in the parent or caregiver's room for the first 6 months
6. Breastfeed baby

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

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

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