

# Safe Sleeping

Red Nose recommends six key steps to reduce the risk of sudden infant death.



Always place baby on their back to sleep



Keep baby's face and head uncovered



Keep baby smoke free before and after birth



Safe sleeping environment night and day



Sleep baby in their own safe sleep space in the parent or caregiver's room for the first 6 months



Breastfeed baby

Scan the QR code below for more information & resources



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

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)

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

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