

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 same room
as their parent or caregiver
for at least the first 6 months



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)

rednose.org.au/safesleep

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saving little lives