How to create a Safe Sleep space for baby

A safe sleep space is one that is clear of any soft or loose items.

✅ Place baby on their back in their own safe space, on a firm, flat, fitted mattress

✅ Keep baby from overheating, use light weight bedding with light layers

✅ Make sure blankets are tucked in firmly
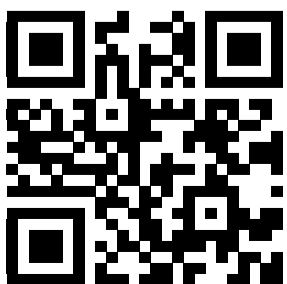
❌ No bulky or weighted blankets

❌ No soft or loose items in sleep space, no bumpers, toys, pillows, lambswool, doonas, nests or position devices

⚠️ Once baby shows signs of rolling make sure their arms are free and transition from a bassinet to a cot

Scan the QR code below for more information & resources

Safe Sleep Advice Hub

rednose.org.au

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