

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

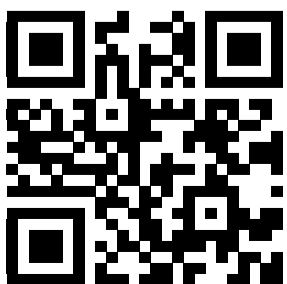


No soft or loose items in sleep space, no bumpers, toys, pillows, lambswool, doonas, nests or position devices



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



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Red Nose Safe Sleep Advice Hub

1300 998 698 (during AEST/AEDT business hours)

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