Sleep baby safely and reduce the risk of sudden unexpected death in infancy.

5. **Sleep baby in safe cot in parents’ room**

- **Safest place** for a baby to sleep is in a safe cot next to the parents’ bed.

6. **Breastfeed baby**

- Unsafe sleeping places
  - Pictures with a ‘X’ are NOT safe sleeping places

Unsafe sleeping places
- Pictures with a ‘X’ are NOT safe sleeping places

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Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

1. **Sleep baby on back**
   - Back (✔)
   - Side (✗)
   - Tummy (✗)
   - Sleeping baby on the side or tummy increases the risk of sudden infant death

2. **Keep head & face uncovered**
   - Baby on back
   - Feet to bottom of cot
   - Blankets tucked in firmly
   - Use a safe baby sleeping bag with fitted neck and armholes and no hood
   - Covering baby’s head or face increases the risk of sudden infant death

3. **Keep baby smoke free before & after birth**
   - Smoking during pregnancy and around baby after birth increases the risk of sudden infant death. Help to quit smoking is available from your doctor, nurse or by contacting Quitline on 13 78 48.

4. **Safe sleeping environment night & day**
   - Safe cot (should meet current Australian Standard AS2172)
   - Safe mattress firm, clean, flat, right size for cot
   - Safe bedding - soft surfaces and bulky bedding increase the risk of sudden infant death
   - Pillow
   - Cot bumper
   - Lambs wool
   - Soft toy eg: teddy
   - Doona

5. **No soft surfaces or bulky bedding**