

**red  
nose**  
saving little lives

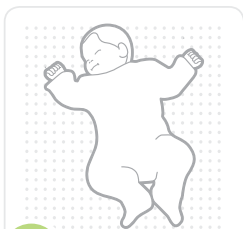
# safe sleeping

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

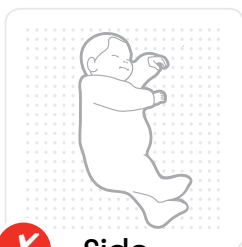


# Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

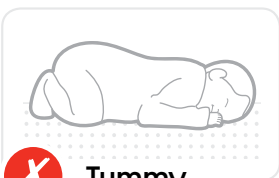
## 1 Sleep baby on back



Back



Side



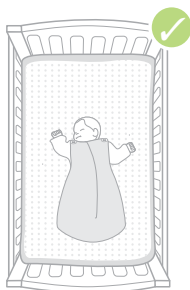
Tummy

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

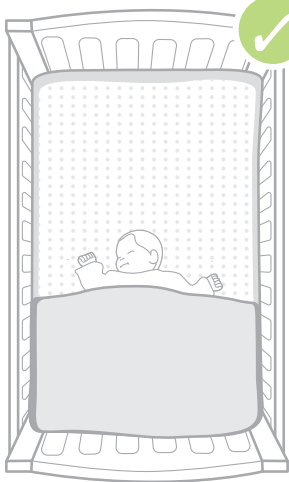
### 3 Keep baby smoke free before & after birth



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

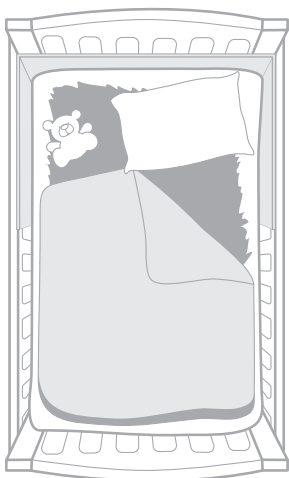
## Safe sleeping environment night & day



- **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

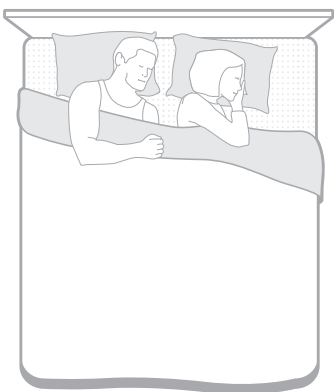


## No soft surfaces or bulky bedding



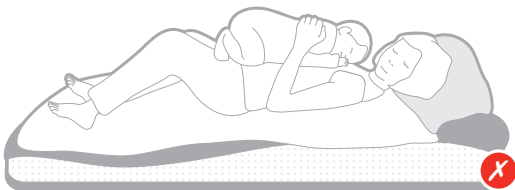
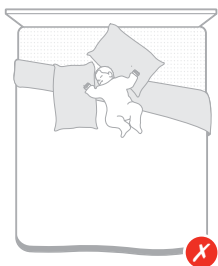
- ✗ pillow
- ✗ cot bumper
- ✗ lambs wool
- ✗ soft toy eg: teddy
- ✗ doona

## 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.

### Unsafe ❌ sleeping places



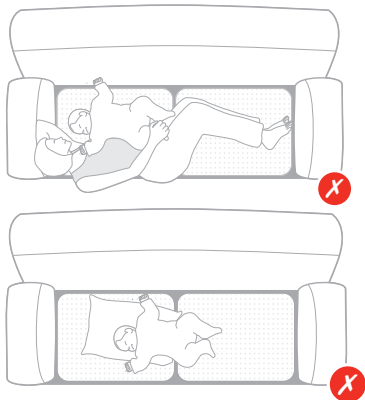
### Unsafe ❌ sleeping places

Pictures with a 'X' are **NOT** safe sleeping places



## Unsafe sleeping places

Pictures with a 'X' are **NOT** safe sleeping places



## Breastfeed baby



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