

Keeping Bub Safe



RROSIAC



**Reducing the Risk of SIDS and Sleep
Accidents in Aboriginal Communities**

1. Sleep Bub on back



Sleeping Bub on back:

- Helps Bub wake up to danger
- Means Bub is less likely to choke
- Reduces the risk of SIDS



Placing Bub on their tummy or side can increase the risk of:

- Overheating • Suffocation • Choking • SIDS

2. Keep head and face uncovered



Keeping Bub's head and face uncovered during sleep reduces the risk of:

- Overheating • Suffocation • SIDS



- No pillows • No toys • No hats/beanies
- No loose blankets

3. Smoke free before and after birth



Tobacco/gunga is bad for Bub before and after birth.



No Tobacco Smoking

Smoking cigarettes during pregnancy or smoking around Bub increases the risk of SIDS.

No Gunga

Smoking gunga can make you sleepy and cause you to forget Bub is in bed with you.



4. Safe sleeping place day and night



Provide Bub with a safe sleeping place
during the day and at night.

- Flat Surface



- Clean Surface



- Firm Surface



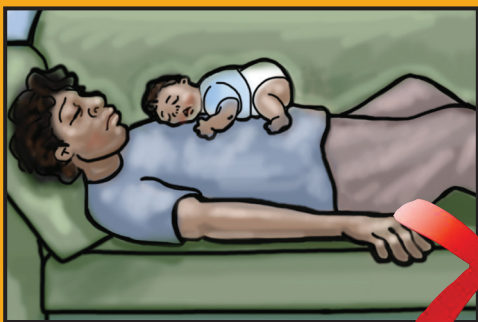
No soft surfaces or bulky bedding

Doonas, pillows, beanbags, sofas, prams
or car seats are NOT safe places for Bub to
sleep.

5. Sleep Bub in their own sleep space in your room



Sleeping Bub in your room but not your bed helps reduce the risk of SIDS and fatal sleep accidents.



Sleeping with Bub can increase the risk of:

- SIDS • Suffocation • Overheating
- Bub becoming trapped or rolling on top of Bub

6. Breastfeed Bub



Breastfeeding Bub is best.

Breastfeeding helps Bub:

- fight infection
- grow strong
- reduce the risk of SIDS



When breastfeeding in bed, look at ways to protect Bub from sleep accidents.



RROSIAC

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