

# Safe Sleeping

How to sleep your baby safely to reduce the risk of sudden infant death.

For all babies 0-12 months



## 5 Sleep baby in safe cot in parents' room for the first 6-12 months\*



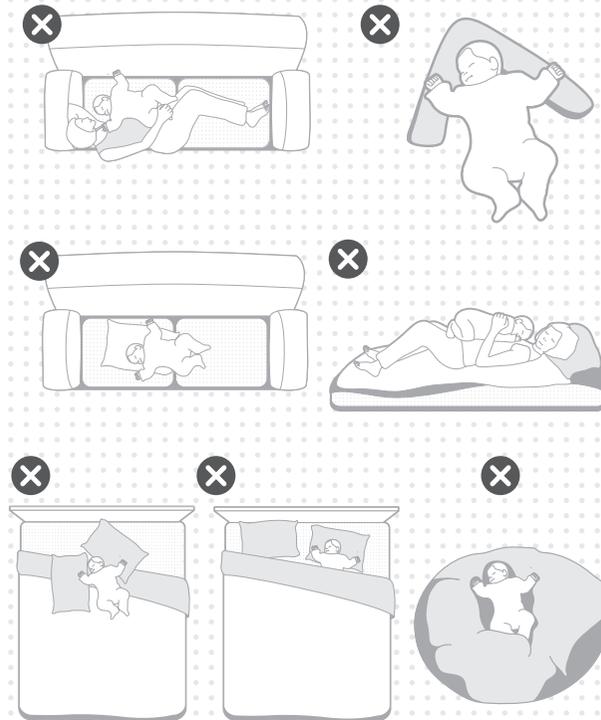
The safest place for baby to sleep is in their own safe space, in the same room as their parents or adult caregivers for the first 6-12 months.

## 6 Breastfeed baby

Breastfeeding has been shown to reduce the risk of sudden infant death. For women who aren't breastfeeding, follow the first five recommendations to help keep your baby safe.



### Unsafe sleeping spaces



\*For information on co-sleeping visit: [rednose.org.au/cosleeping](http://rednose.org.au/cosleeping)

Red Nose Safe Sleep Advice Hub  
1300 998 698  
(during business hours)  
[education@rednose.org.au](mailto:education@rednose.org.au)  
[rednose.org.au/safesleep](http://rednose.org.au/safesleep)

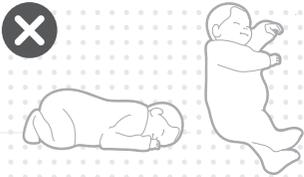
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# Red Nose recommends six key steps to reduce the risk of sudden infant death.

## 1 Always place baby on their back to sleep



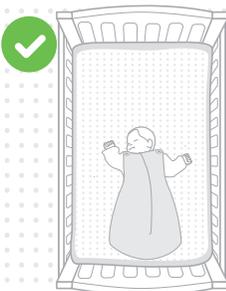
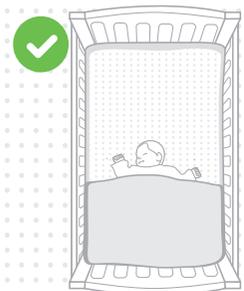
Placing baby on their back to sleep helps **keep their airway clear** and ensures their protective reflexes work. This reduces the risk of suffocation, overheating and choking.



Sleeping on the tummy or side **increases the risk** of sudden infant death.

## 2 Keep baby's face and head uncovered

Babies control their temperature through their face and head, so **keeping baby's face and head uncovered during sleep helps reduce the risk of overheating**. It also helps **keep their airways clear** which reduces the risk of suffocation.



- Baby on back
- Feet at bottom of cot
- Blankets firmly tucked in
- Only pulled up to chest

- Always choose a safe sleeping bag - fitted across the neck and chest, with baby's arms out, and no hood.

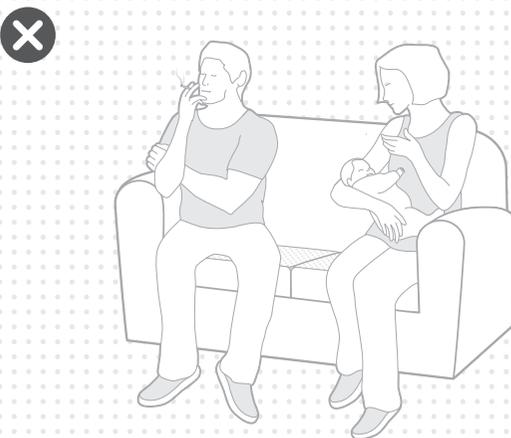
## 3 Keep baby smoke free before and after birth

Smoking during pregnancy and around baby once they are born increases the risk of sudden infant death - this includes second-hand smoke.



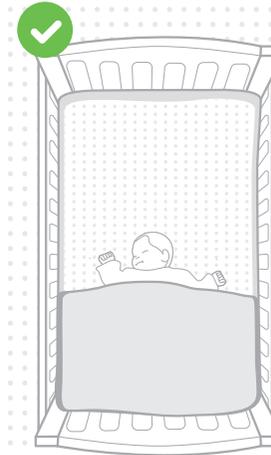
If you or your partner smoke, don't smoke around baby and never smoke where baby sleeps.

**For free help to quit smoking call Quitline on 13 78 48.**



## 4 Safe sleeping environment night and day

The safest place for your baby to sleep is in their own safe space, with a safe mattress, and safe bedding. Baby should always be placed on their back to sleep, with their feet at the bottom of the cot.



- **Safe cot**  
Meets Australian standard AS/NZS 2172:2003.

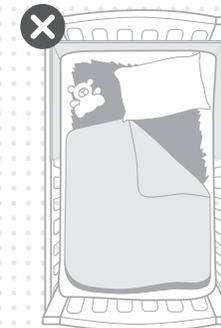
- **Safe mattress**  
Firm, flat, right size for your safe cot, meets voluntary Australian standard (AS/NZS 8811.1:2013).

- **Safe bedding**  
Lightweight bedding, firmly tucked in and only pulled up to the chest.

Safe sleeping bag, well fitted across the neck and chest, with baby's arm out, and no hood.

## No soft surfaces or bulky items

Don't use any soft items in the cot. Soft items in the cot are dangerous and increase the risk of suffocation and overheating.



- **Doonas or loose blankets**
- **Pillows**
- **Cot bumpers**
- **Lambs wool**
- **Soft toys like a teddy**