

# Safe Sleeping

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

For all babies 0-12 months



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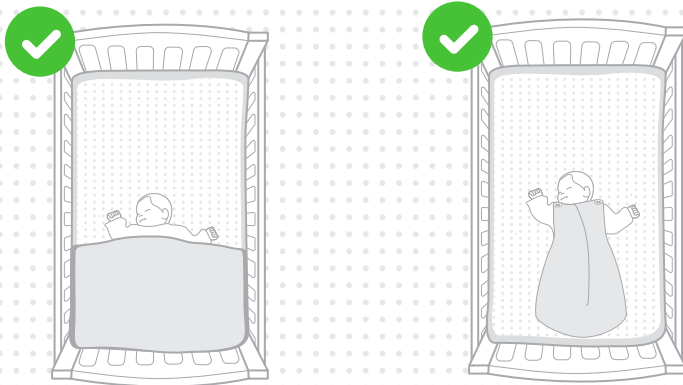
For all babies 0-12 months, Red Nose recommends six key steps to reduce the risk of sudden infant death.

## 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**. Back sleeping reduces the risk of suffocation, overheating and choking.

## 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.



## 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**.

## ✗ No soft surfaces or bulky items

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



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

#### 4 Safe sleeping environment night and day.

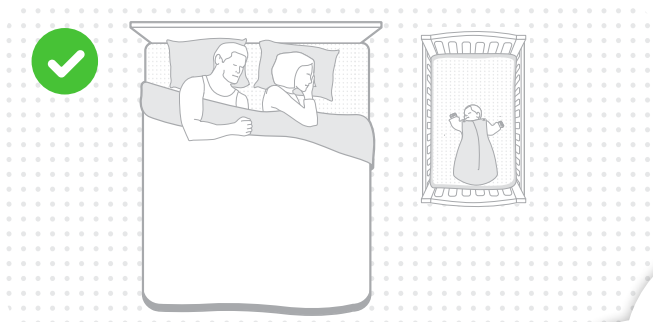
The safest place for baby to sleep is in their own safe space, with a safe mattress, and safe bedding.

Baby should always be placed on their back to sleep, with their feet at the bottom of the bassinet or 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 arms out, and no hood.

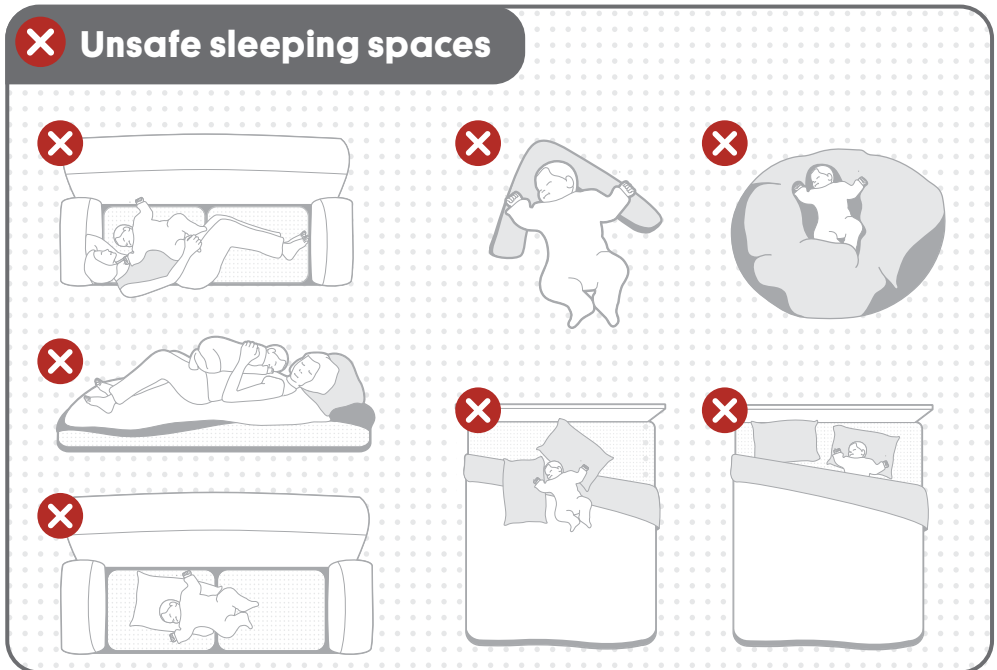
#### 5 Sleep baby in their own safe sleep space in the parent or caregiver's room for the first 6 months\*

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 months.



#### 6 Breastfeed baby.

Breastfeeding has been shown to reduce the risk of sudden infant death.



\*For risk minimisation information on co-sleeping visit: [rednose.org.au/cosleeping](http://rednose.org.au/cosleeping)  
\*\* For information on bassinet use visit: [redno.se/bassinetsinfo](http://redno.se/bassinetsinfo)