

How to create a Safe Sleep space for bub

The safest place for bub is in their own safe space with a firm mattress and safe bedding

There are several things you can do to minimise the risks for a sleeping bub, including:

- ✓ Sleep bub in their own safe space, on a firm, flat mattress
- ✓ Keep bub from overheating, no bulky blankets or weighted blankets
- ✓ No soft items in sleep space, no toys, cot bumpers, lambswool, pillows or doonas
- ✓ Remove necklaces, hats, hoodies and dummy chains from bub
- ✓ Make sure blankets are tucked in firmly, so they are not loose
- ✓ Once bub shows signs that they can begin to roll make sure bub's arms are free



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Red Nose Safe Sleep Advice Hub
1300 998 698 (during business hours AEST/AEDT)
rednose.org.au/safesleep

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*When we listen, we learn.
When we know better, we do better.*

**Skye Stewart - Wergaia and Wemba Wemba
midwife from Mallee Victoria**

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saving little lives