

# Safe Sleeping

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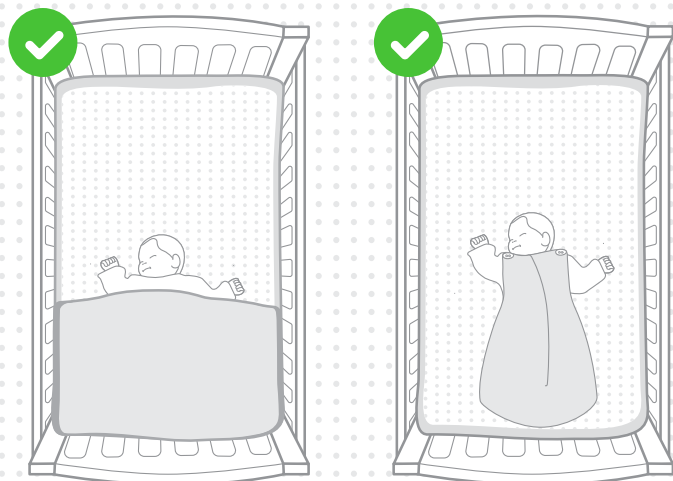
**Red Nose** recommends six steps to protect your bub's breathing and keep them safe while sleeping

## 1 Always place bub on their back to sleep.

Bub will find it easier to breathe and is safest sleeping on their back.

## 2 Keep bub's face and head uncovered.

- Bub's on back
- Feet to bottom of cot
- Blankets tucked in
- No beanies, hoodies or bibs

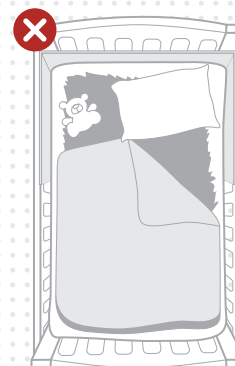


## 3 Keep bub smoke free before and after birth.

- Smoking during pregnancy and around bub after birth can cause trouble because smoking increases the risk of sudden infant death.
- Keep your home smoke free and don't smoke around bub or near where they sleep. By doing this, you protect bub's airways and it will keep them strong and healthy.
- You can call **Aboriginal Quitline on 137 848**. It's free and you can have a yarn to someone who understands and can support you to quit.

## ✗ No soft surfaces or bulky items

No need for soft items in the cot. Toys, pillows or doonas can be dangerous for bub. They increase risk of suffocation and overheating.

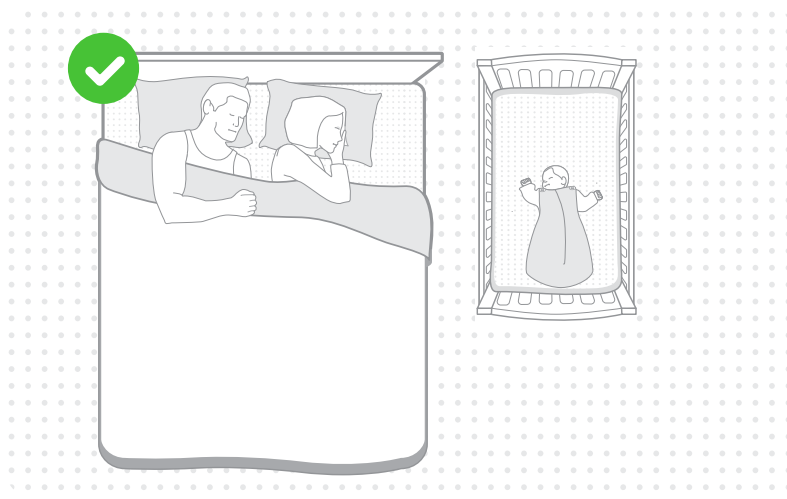


- ✗ Doonas or loose blankets
- ✗ Pillows
- ✗ Cot bumpers
- ✗ Lambs wool
- ✗ Soft toys like a teddy

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

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

Bub should be on their back with their feet to the bottom of the cot.



#### 5 Sleep your bub in a safe carers room for the first 6 months

The safest place for your bub to sleep is in their own safe space, in the same room as their parent or adult caregiver. This is a safe space away from pets and siblings too.

#### 6 Breastfeed your bub

Breastfeeding has shown to reduce the risk of sudden infant death. Giving breastmilk to bub is a good way to keep them strong.

## Co-sleeping

**Co-sleeping** is when parents bring their bub into bed with them to sleep, or they sleep together somewhere else. Sometimes you plan to co-sleep and sometimes it happens unexpectedly.

The safest place to sleep bub is in their own safe space but if you choose to co-sleep you should understand how to make sleep safer.

**There are times when co-sleeping with your bub can be dangerous.**

**Co-sleeping is no good, if:**

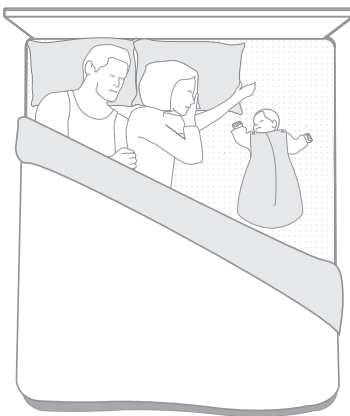
- You or your family were drinking alcohol
- You or your partner smoke – even if not around bub
- You or your partner have taken any drugs that may make you drowsy – this includes prescription drugs too
- Your bub is born early or is a small bub

We know that you always try to do your best by your bub! Hopefully these recommendations showed you some ways about keeping bub safe during sleep times.

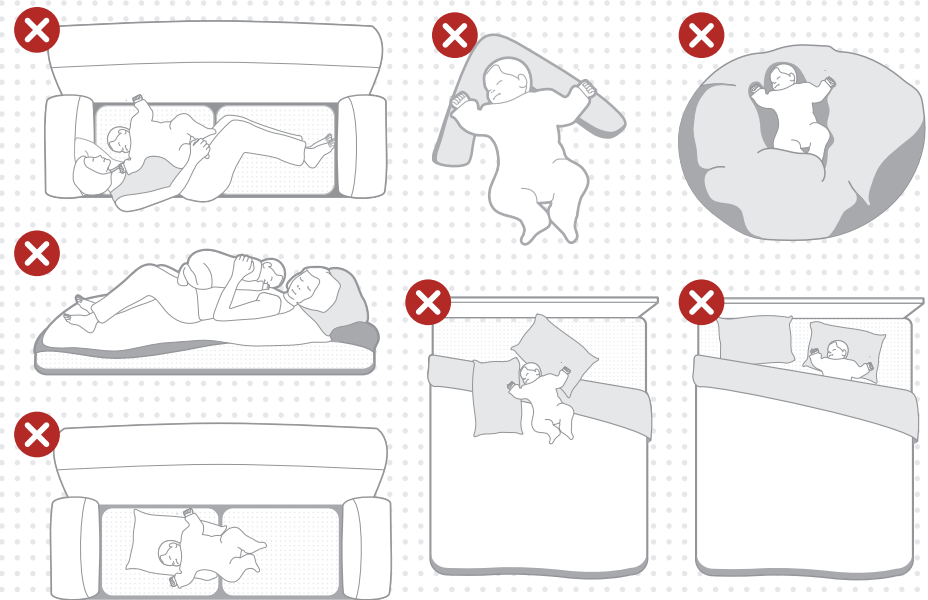


## ✓ Follow these tips for **safer co-sleeping**

- ✓ Always place bub on their back to sleep
- ✓ Create a clear sleep space for bub to sleep
- ✓ Make sure bub's face and head remain uncovered
- ✓ Tie up long hair and remove all jewellery including teething necklaces
- ✓ Place bub to the side of one parent – never in the middle of two adults or next to other children or pets
- ✓ Make sure the mattress is firm and flat
- ✓ Make sure your bedding and sheets can't cover bub's face
- ✓ Move the bed away from the wall – so bub can't get trapped between the bed and the wall
- ✓ Keep pillows away from bub's sleep space
- ✓ Make sure bub can't fall off the bed
- ✓ Use a safe sleeping bag with no hood and bub's arms out – don't wrap or swaddle bub



## ✗ Unsafe sleeping spaces



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

Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

This resource was co-designed with First Nations people.

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

–Skye Stewart

Wergaia and Wemba Wemba woman from Mallee Victoria

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