

Safe Sleeping

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

For all babies 0-12 months



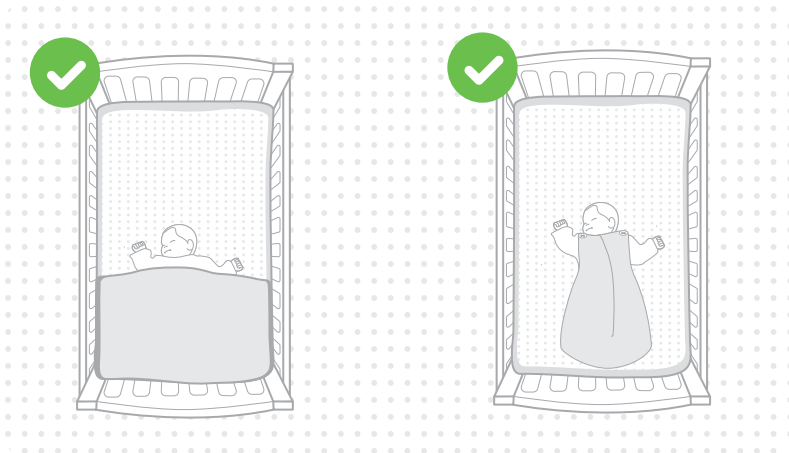
For all babies 0-12 months, **Red Nose** recommends six key steps to reduce the risk of sudden infant death.

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.

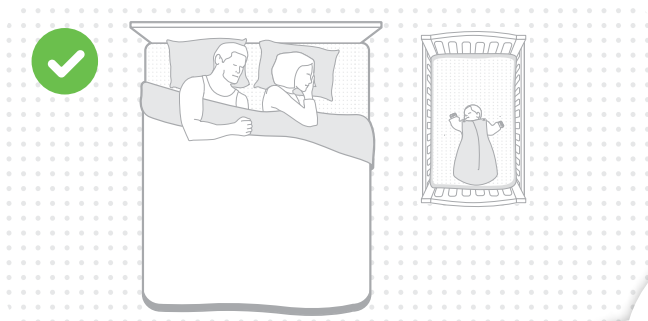
The safest place for baby to sleep is in their own safe space, with a safe mattress, and safe bedding.

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 same room as their parent or caregiver for at least the first 6 months

The safest place for baby to sleep is in their own safe space, in the same room as their parent or adult caregiver for at least the first 6 months.



6 Breastfeed baby.

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

✗ Unsafe sleeping spaces



*For risk minimisation information on co-sleeping visit: rednose.org.au/cosleeping

** For information on bassinet use visit: rednose.org.au/article/bassinets