

Safe Sleeping

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

For all babies 0-12 months



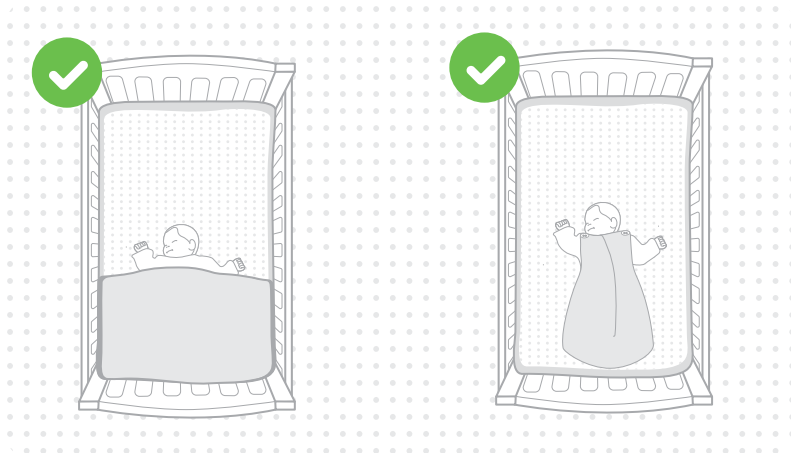
For all babies 0-12 months, **Red Nose** recommends six key steps to reduce the risk of sudden infant death.

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.

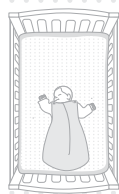
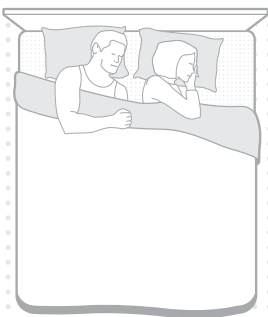
Baby should always be placed on their back to sleep, with their feet at the bottom of the bassinet or cot.

Safe cot

Infant sleep products sold in Australia must comply with Australian mandatory safety standards. For more information about the current requirements, visit the [Australian Government Product Safety website](https://www.productsafety.gov.au/).

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

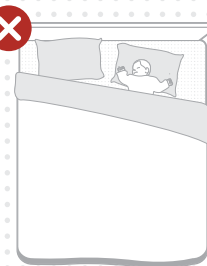
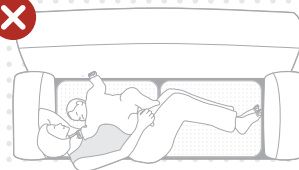
The safest place for baby to sleep is in their own safe space, in the same room as their parents or adult caregivers for the first 6 months.



6 Breastfeed baby.

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

Unsafe sleeping spaces



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

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