

**red
nose**
saving little lives

safe sleeping

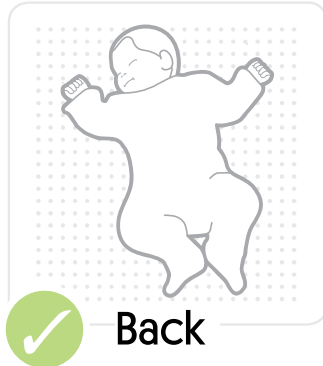
Sleep baby safely and reduce the risk of
sudden unexpected death in infancy



rednose.com.au

Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

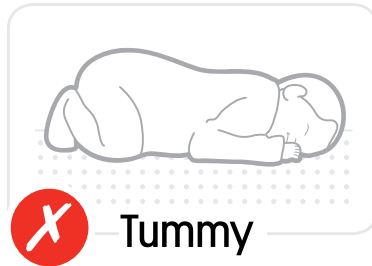
1 Sleep baby on back



Back



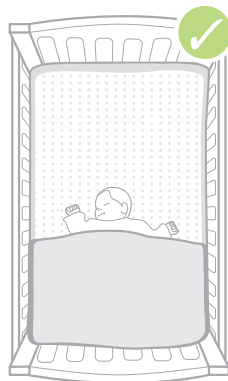
Side



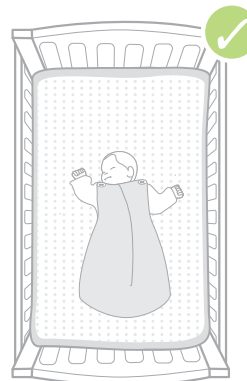
Tummy

Sleeping baby on the side or tummy increases the risk of sudden infant death

2 Keep head & face uncovered



- Baby on back
- Feet to bottom of cot
- Blankets tucked in firmly



- Use a safe baby sleeping bag with fitted neck and armholes and no hood

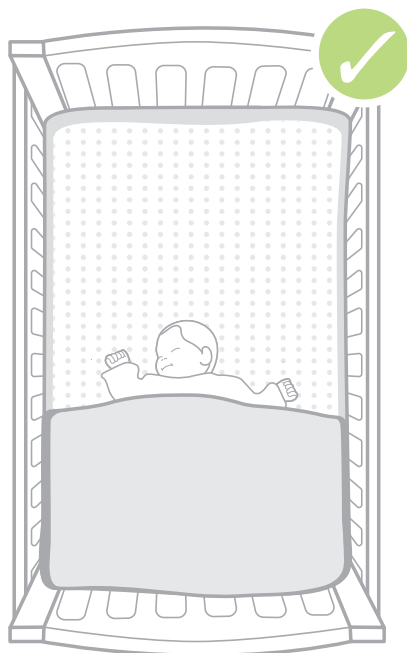
Covering baby's head or face increases the risk of sudden infant death

3 Keep baby smoke free before & after birth



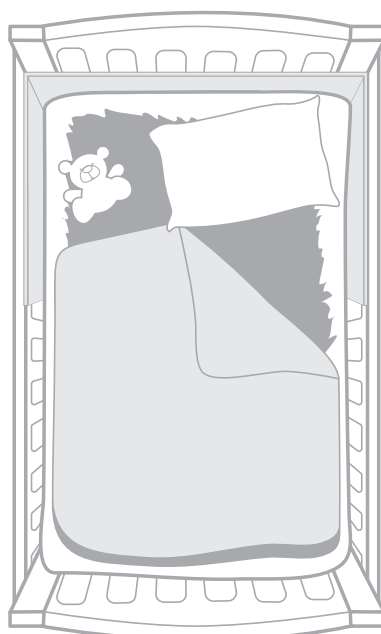
Smoking during pregnancy and around baby after birth increases the risk of sudden infant death. Help to quit smoking is available from your doctor, nurse or by contacting **Quitline on 13 78 48**.

4 Safe sleeping environment night & day



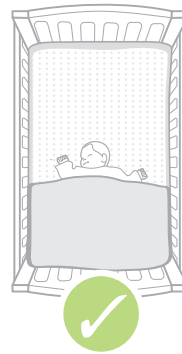
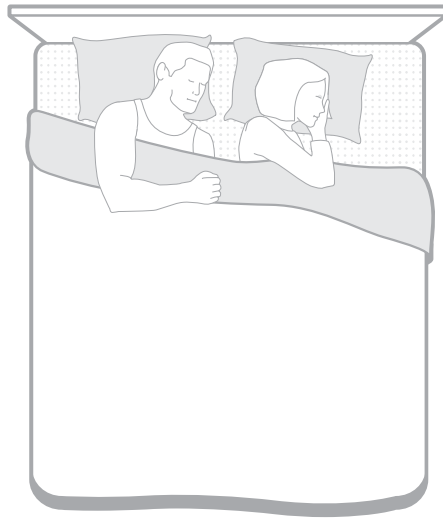
- **Safe cot**
[should meet current Australian Standard AS2172]
- **Safe mattress**
firm, clean, flat, right size for cot
- **Safe bedding**
soft surfaces and bulky bedding increase the risk of sudden infant death

! No soft surfaces or bulky bedding



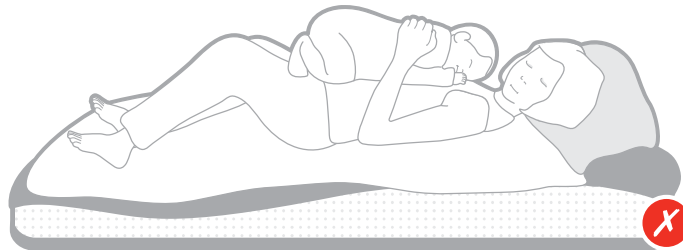
- ✗ pillow
- ✗ cot bumper
- ✗ lambs wool
- ✗ soft toy eg: teddy
- ✗ doona

5 Sleep baby in safe cot in parents' room



Safest place for a baby to sleep is in a safe cot next to the parents' bed.

Unsafe sleeping places



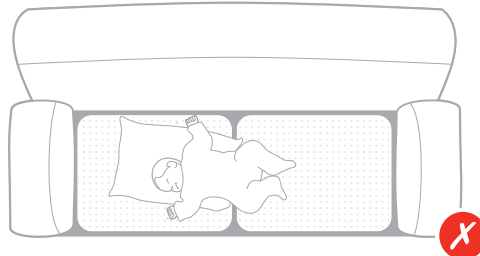
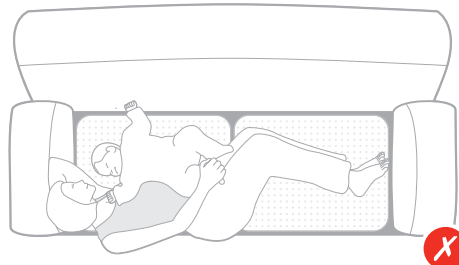
Unsafe sleeping places

Pictures with a 'X' are **NOT** safe sleeping places



Unsafe sleeping places

Pictures with a 'X' are **NOT** safe sleeping places



Breastfeed baby



To access Red Nose Education Services contact us on:

T 1300 998 698

E education@rednose.com.au

W rednose.com.au

To purchase a range of baby products in support of Red Nose visit shoprednose.com.au

Red Nose acknowledges our partnerships with Australian businesses that help to fund our education and support services.

**red
nose**
saving little lives

cua
Life rich banking



© Red Nose Limited 2017

Except as permitted by the copyright law applicable to you, you may not reproduce, copy or communicate any of the content from this document, without the express and written permission of the copyright owner, Red Nose Limited.