red nose

saving little lives

safe sleeping

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

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

1 Sleep baby on back
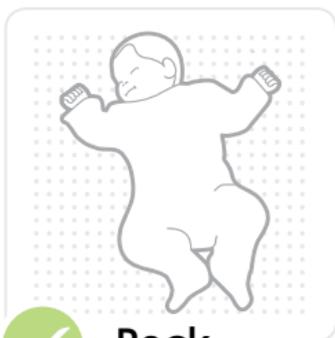
✓ Back
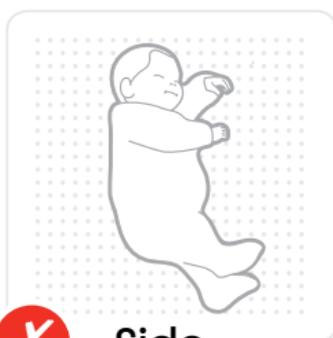
✗ Side
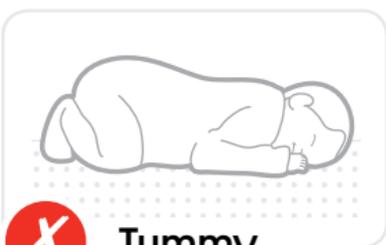
✗ Tummy

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

2 Keep head & face uncovered

✓

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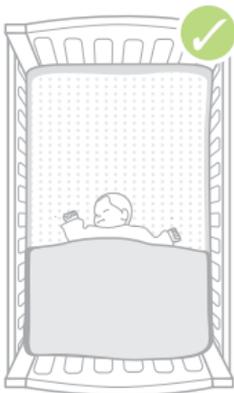
- Baby on back
- Feet to bottom of cot
- Blankets tucked in firmly

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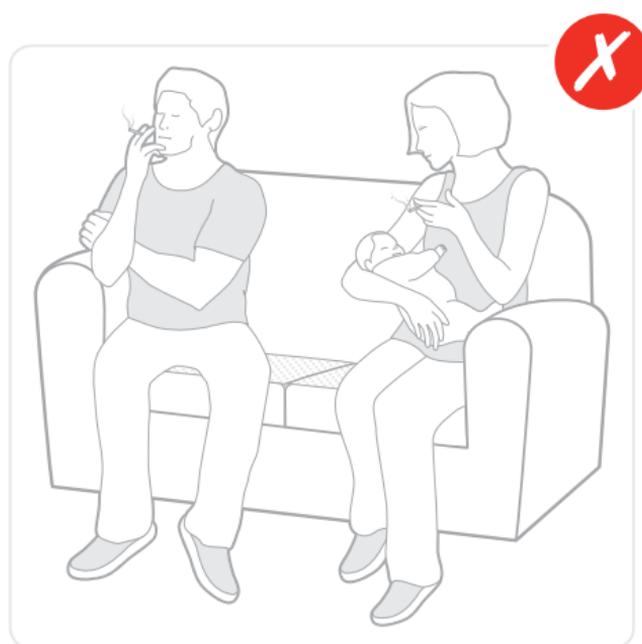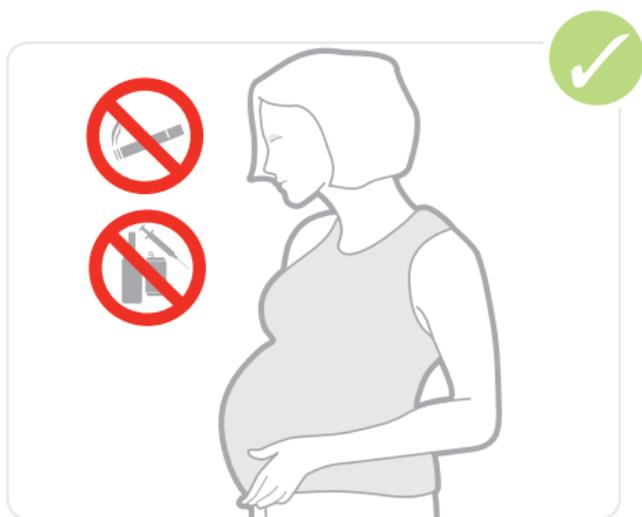
Smoking during pregnancy and around baby after birth increases the risk of sudden infant death. Help to quit smoking is available from your doctor, nurse or by contacting **Quitline on 13 78 48**.

4 Safe sleeping environment night & day
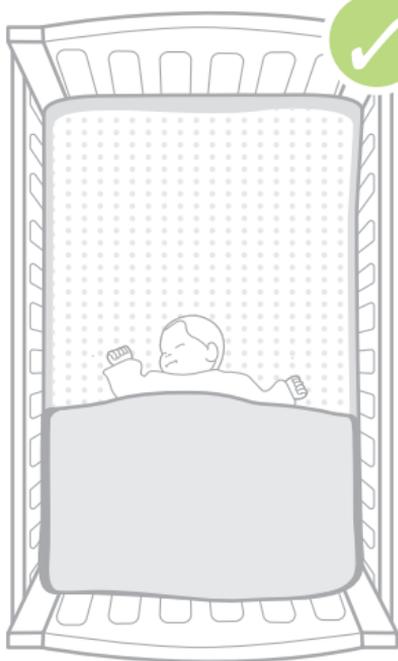
- **Safe cot**
  (should meet current Australian Standard AS2172)
- **Safe mattress**
  firm, clean, flat, right size for cot
- **Safe bedding**
 soft surfaces and bulky bedding increase the risk of sudden infant death

! No soft surfaces or bulky bedding
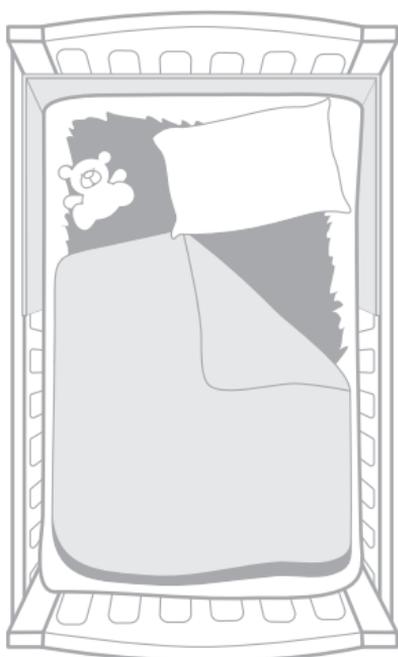
- ✗ pillow
- ✗ cot bumper
- ✗ lambs wool
- ✗ soft toy eg: teddy
- ✗ doona

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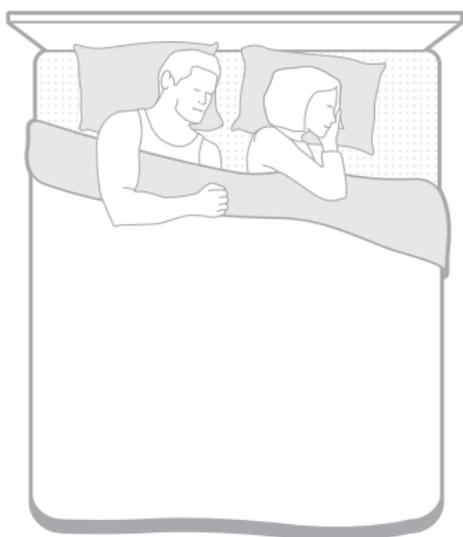
Safest place for a baby to sleep is in a safe cot next to the parents' bed.

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

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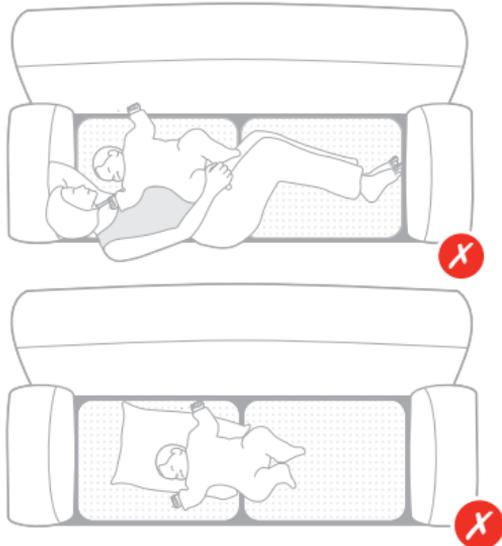
6 Breastfeed baby

red nose
saving little lives

cua
Life rich banking