

Sometimes babies die suddenly or unexpectedly during sleep.

This is called SIDS (Sudden Infant Death Syndrome) or SUDI (Sudden Unexpected Death in Infancy).

Babies up to 12 months are at most risk. Follow the safe sleeping messages in this brochure to reduce the risk of SUDI/SIDS.

## For help and advice

- Your local AMIHS (Aboriginal Maternal and Infant Health Service)
- Aboriginal Health Worker
- Midwife
- Child and Family Health Nurse
- SIDS and Kids 1800 651 186
- [www.sidsandkids.org](http://www.sidsandkids.org)

For help to stop smoking call Quitline on 131 848.

Your local AMIHS is:

**NSW HEALTH**

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safe  
sleeping  
for our  
babies



strong women strong babies  
**AMIHS**

## Keeping babies safe

There are some simple ways to keep baby safe.

- Put baby to sleep safely on their back.
- Don't smoke in pregnancy.
- Don't smoke near baby.

**Strong women have strong babies.**

**Breastfeeding is best for babies - it helps them grow healthy and strong.**

## Bed safety

- Babies should sleep on a firm, clean mattress.
- If using a cot or bassinette the mattress should fit tightly.
- Don't put baby to sleep on bean bags, lounges or waterbeds.
- All cots, including second hand cots, should meet the Australian Standard (AS2172) for safety. Look for a label that shows this.



## Safe sleeping

- Sleep baby on their back – not side or tummy.
- Never cover baby's head or face.
- Only make bed up to baby's chest.
- Don't use doonas, quilts or pillows.
- Don't let baby get too hot.
- Don't wrap baby too tightly.
- Don't put baby in bed with an adult who has been using grog or yandi.

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