

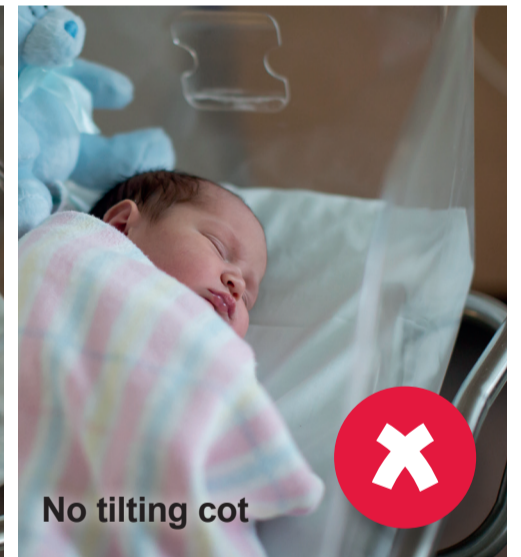
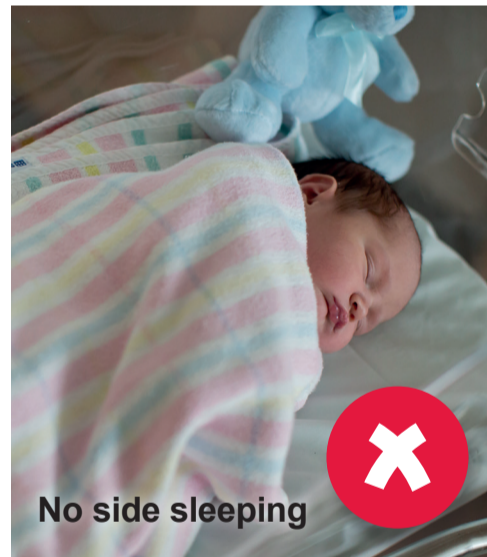
# Sleep Right – Sleep Safe

## Modelling best practice for parents



- ✓ Sleep baby on the back
- ✓ Head and face uncovered – no hats, toys or loose bedding
- ✓ Keep baby smoke free
- ✓ Sleep baby in own cot
- ✓ Sleep baby with cot flat
- ✓ Sleep baby with feet at foot of the cot
- ✓ Promote breastfeeding

## Unsafe practices



## Practice points to remember – Your practice is important because:

- Sharing the same sleep surface increases the risk of suffocation. The risk is increased when the mother or caregiver is exhausted or affected by analgesia or sedation
- Loose bedding, head coverings, toys, cot bumpers, pillows and poorly fitted mattresses are a risk for overheating or suffocation
- Side sleeping does not prevent aspiration of regurgitated stomach contents, and increases the risk of rolling into an unsafe prone position
- Tilting the cot does not reduce regurgitation of stomach contents, and may cause the baby to slide down under the blankets, potentially causing overheating, suffocation and airway obstruction

All these factors were implicated in sudden infant deaths in infancy in the *NSW Child Death Review Team Annual Report 2014*. Further information can be found at [www.kidsfamilies.health.nsw.gov.au/current-work/maternal,-child-and-family-health/maternal-and-newborn-unit/safe-sleep/](http://www.kidsfamilies.health.nsw.gov.au/current-work/maternal,-child-and-family-health/maternal-and-newborn-unit/safe-sleep/)

For information to give to parents, see the SIDS and KIDS website – [www.sidsandkids.org](http://www.sidsandkids.org)