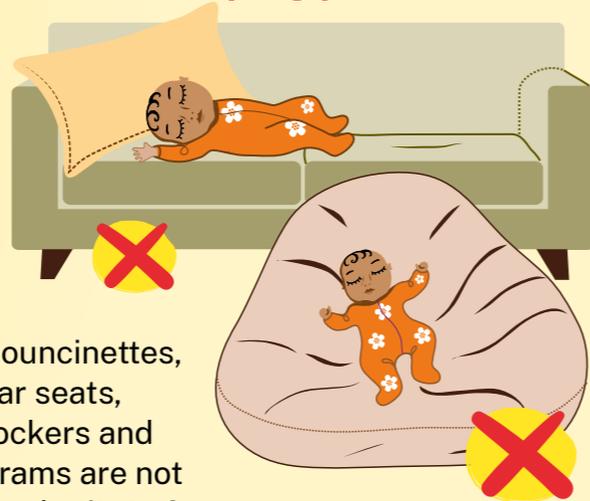


Sleep your baby in a safe cot in your bedroom

The safest place for your baby to sleep is in its own safe cot next to your bed.

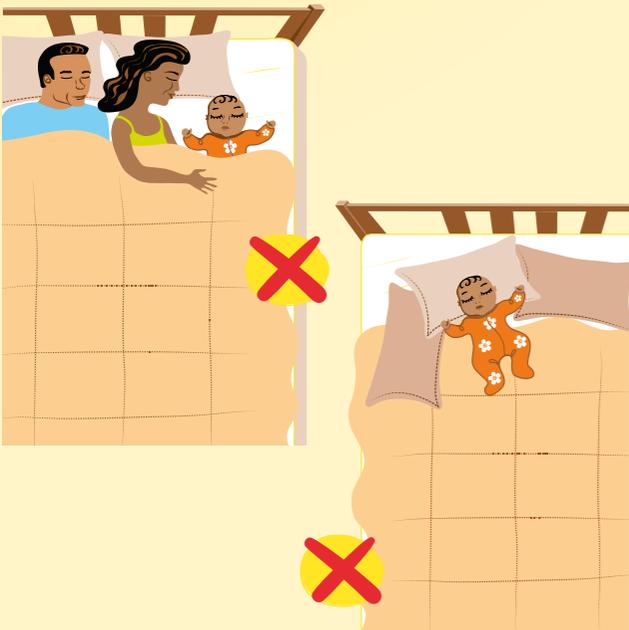


Unsafe sleeping places



Bouncinettes, car seats, rockers and prams are not a substitute for a cot. If your baby falls asleep in any of these, do not leave them unattended and place them in a cot as soon as possible.

Unsafe sleeping places



Breastfeed your baby



Breastfeed your baby.

Ways for your baby to sleep safely and reduce the risk of sudden unexpected death in infancy

- ✓ Sleep baby on back
- ✓ Keep head and face uncovered
- ✓ Dress your baby to be comfortably warm, not hot, to avoid overheating
- ✓ Keep baby smoke free before and after birth
- ✓ Safe sleeping environment night and day
- ✓ Sleep baby in safe cot in parent's room
- ✓ Breastfeed baby

For help and advice

- Your local AMIHS (Aboriginal Maternal and Infant Health Services)
- Aboriginal Health Worker
- Midwife
- Your local BSF service (Building Strong Foundations)
- Child and Family Health Nurse
- For help to stop smoking call Quitline on 13 78 48 or go to www.icanquit.com.au



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Safe sleeping for your baby

Strong women, strong babies

AMIHS



While parents do their best to take care of their babies, sometimes babies die suddenly or unexpectedly during sleep. This is called SUDI (Sudden Unexpected Death in Infancy) or SIDS (Sudden Infant Death Syndrome). Babies up to 12 months of age are at most risk. NSW Health acknowledges that sharing a sleep surface with a baby is practised in communities, but there is evidence to support that by following the safe sleeping messages you will reduce the risk of sudden infant death. Please share these messages with family and friends.

Sleep your baby on its back



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



Keep your baby's head and face uncovered

Your baby's head or face being covered increases the risk of overheating and sudden infant death.



- Baby on back
- Feet to bottom of cot
- Blankets tucked in firmly
- No beanies or hoodies
- No bibs

Or

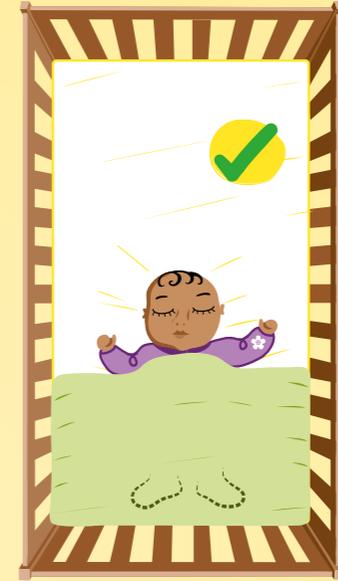
- Use a safe baby sleeping bag with fitted neck and armholes and no hood.

Keep your baby smoke free before and after birth

- Smoking during pregnancy and around your baby after birth increases the risk of sudden infant death.
- You and your family should not smoke around your baby.
- To help you and your family quit smoking, contact your doctor, Aboriginal health worker, midwife, nurse, or call Quitline on 13 78 48.



Give your baby a safe sleeping environment night and day



- **Safe cot**
Should meet current Australian standard AS/NZS 2172:2003
- **Safe mattress**
firm, clean, flat, right size for cot
- **Safe bedding**
firmly tucked in blankets reduce the risk of sudden infant death



No soft surfaces and loose bedding

- Pillow
- Cot bumper
- Lambs wool
- Soft toy
- Doona