

Friday, 20 December 2019

The poster is titled "You can reduce the risk of Sudden Infant Death" and features a giraffe illustration in the top right corner. The main message states: "The safest place for your baby to sleep is on their back in a moses basket or cot in your room for the first six months." A central photograph shows a baby sleeping in a cot, with a green checkmark icon overlaid at the bottom. To the left of the photo, two text boxes with red 'X' icons list unsafe practices: "Never, ever fall asleep with your baby on an armchair or sofa." and "Never, ever allow anyone who has been smoking, drinking or taking drugs (including medication) to share a bed with your baby." The HSC Public Health Agency logo is in the bottom left, and the text "Produced by the Public Health Agency www.publichealth.gc.ca" is at the bottom left. A small "12/19" mark is in the bottom right corner.

You can reduce the risk of

Sudden Infant Death

The safest place for your baby to sleep is on their back in a moses basket or cot in your room for the first six months.

Never, ever fall asleep with your baby on an armchair or sofa.

Never, ever allow anyone who has been smoking, drinking or taking drugs (including medication) to share a bed with your baby.

HSC Public Health Agency

Produced by the Public Health Agency www.publichealth.gc.ca

12/19

This updated version of the card provides information on the risks of sudden infant death. A poster has also been created to highlight the risk of co-sleeping.

Information for health professionals can be found [here](#).

Details

Format

A6 card, A3 poster

Target group

Parents

Downloads

Attachment

Size

[Safer Sleeping Card.pdf](#) 284.83 KB

[Safer Sleeping Poster.pdf](#) 322.2 KB

Tags

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- [card](#)
- [poster](#)
- [safe sleeping](#)
- [co-sleeping](#)

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