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

Tips for safer bedsharing

- Put your baby on their back in a clear, flat sleep space.
- Keep pillows and adult bedding away from your baby to avoid obstructing breathing or overheating.
- Do not leave your baby alone in an adult bed.
- Make sure your baby cannot be trapped, wedged or fall out of bed or get trapped between the mattress and wall.
- Do not have other children or pets sharing the bed as this may lead to suffocation or overheating your baby.



Image used with permission from the Academy of Breastfeeding Medicine

The safest place for your baby to sleep is on their back in a moses basket or cot in the same room as you for the first six months, even during the day.

Never sleep with your baby on an armchair or sofa as this increases the risk of sudden infant death.

Ideal sleeping position

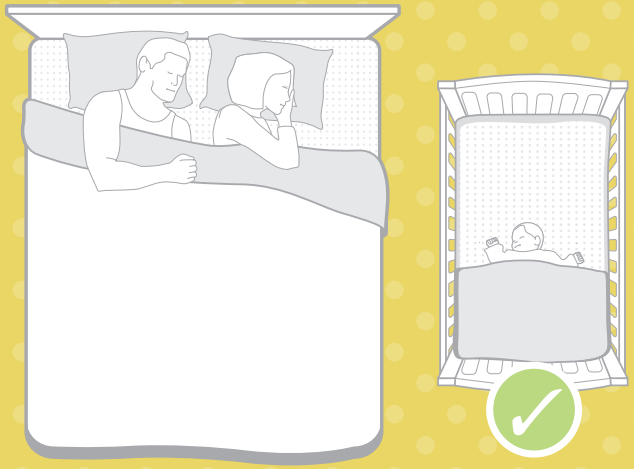


Image used with permission from Red Nose Australia

For more information visit **pha.site/safersleeping**

HSC Public Health Agency

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02/26

HSC Public Health Agency

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Safer sleeping

Reducing the risk of sudden infant death



The risk of sudden infant death is very low.

Most sudden infant deaths happen during the first six months of a baby's life during normal sleep, which is why it is sometimes referred to as 'cot death'.

The exact cause of sudden infant death is unknown but there are a number of things you can do to help reduce the risk.

The safest place for your baby to sleep is on their back in a moses basket or cot in the same room as you for the first six months, even during the day.

Never sleep with your baby on an armchair or sofa as this increases the risk of sudden infant death.

Speak to your midwife, health visitor or family nurse about your individual circumstances and sleeping arrangements.



Do

- ✓ For at least the first six months your baby must be in the same room as you or their carer for every sleep (day and night). Your baby must have a clear, flat sleep surface (no pillows, no quilts or duvets, no bumpers, no soft toys or comforters, no pods, nests or sleep positioners).
- ✓ Place your baby to sleep on their back in the 'feet to foot' position (feet touching the bottom of the cot).
- ✓ Use a light blanket firmly tucked no higher than the baby's shoulders.
- ✓ Use a clean, firm, well-fitting mattress.
- ✓ Breastfeed if you can, because it reduces the risk of sudden infant death.
- ✓ Put your baby back to sleep in their cot after any feeding.
- ✓ If using a baby sleeping bag, make sure it is fitted with neck and armholes, and no hood.

Don't

- ✗ Allow your baby to share a bed with anyone who has been smoking, drinking alcohol, taking drugs (including medication) or is feeling exhausted.
- ✗ Sleep with your baby on an armchair or sofa.
- ✗ Allow your baby to sleep alone in an adult bed.
- ✗ Cover your baby's head.
- ✗ Allow anyone to smoke around your baby.
- ✗ Allow your baby to become overheated as they can't control their own body temperature.
- ✗ Leave your baby sleeping in a car seat for long periods or when not travelling in the car.
- ✗ Put pillows, loose blankets, cot bumpers or sleep positioners in your baby's cot.
- ✗ Sleep with your baby if they were born prematurely (before 37 weeks of pregnancy) or weighed under 2.5kg (5.5 pounds) when they were born.