safe sleeping

'Sleep Safe, My Baby'

sids and kids®
Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

1. Sleep baby on back

Sleeping baby on the side or tummy increases the risk of sudden infant death
2. Keep head and face uncovered

- Baby on back
- Feet to bottom of cot
- Blankets tucked in firmly

OR

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

Covering baby’s head or face increases the risk of sudden infant death
3. Keep baby smoke free before and after birth

Smoking during pregnancy and around baby after birth increases the risk of sudden infant death. Help to quit smoking is available from your doctor, nurse or by contacting Quitline on 0800 778 778.
4. Safe sleeping environment night and day

- **Safe cot** [should meet current Australian & New Zealand Standard AS2172]
- **Safe mattress** - firm, clean, flat, right size for cot
- **Safe bedding** – soft surfaces and bulky bedding increase the risk of sudden infant death

No soft surfaces or bulky bedding

- pillow
- cot bumper
- lambs wool
- soft toy eg: teddy
- quilt
5. Sleep baby in safe cot in parents’ room

Safest place for baby to sleep is in a safe cot next to adult care giver’s bed

Unsafe ‘X’ sleeping places
Unsafe ‘X’ sleeping places

Pictures with a ‘X’ are NOT safe sleeping places

6. Breastfeed baby
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- Safe sleeping environment night and day
- Sleep baby in safe cot in parents’ room
- Breastfeed baby

Special thanks to SIDS and Kids Australia for their support and development of this Safe Sleeping information.

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For further information talk to your midwife, child and family health nurse or doctor, or call SIDS and Kids.

0800 164 455
or visit sidsandkids.org.nz

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