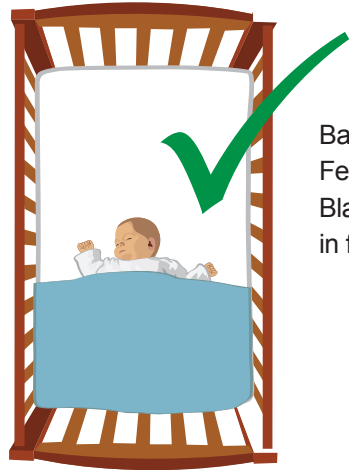


## Keep Head and Face Uncovered



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

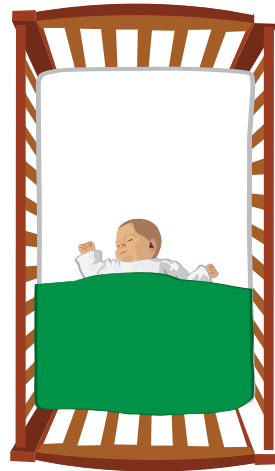
OR



Use a safe sleeping bag with a fitted neck and armholes

Covering baby's head or face increases the risk of SIDS

- ✓ Baby on Back
- ✓ Keep head and face uncovered
- ✓ Keep baby smoke free before birth and after
- ✓ Sleep baby in a safe cot next to parents' bed



Jointly developed by SIDS and Kids ACT, ACT Health and the Department of Disability, Housing and Community Services.

## sids and kids<sup>®</sup>

For further information talk to your doctor or child health nurse at your local Community Health Centre; call SIDS and Kids in your state or territory on

**1300 308 307**

or visit the SIDS and Kids website

**[www.sidsandkids.org](http://www.sidsandkids.org)**

Proudly sponsored by

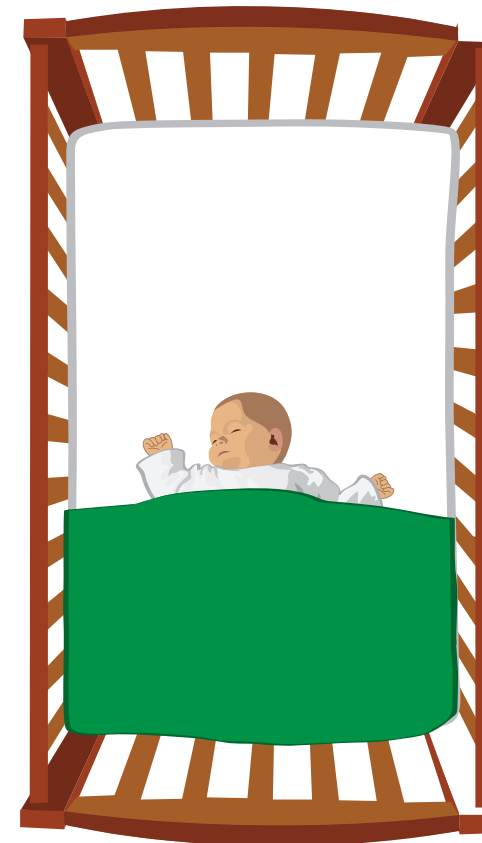


[www.grobag.com.au](http://www.grobag.com.au)

1800 777 107

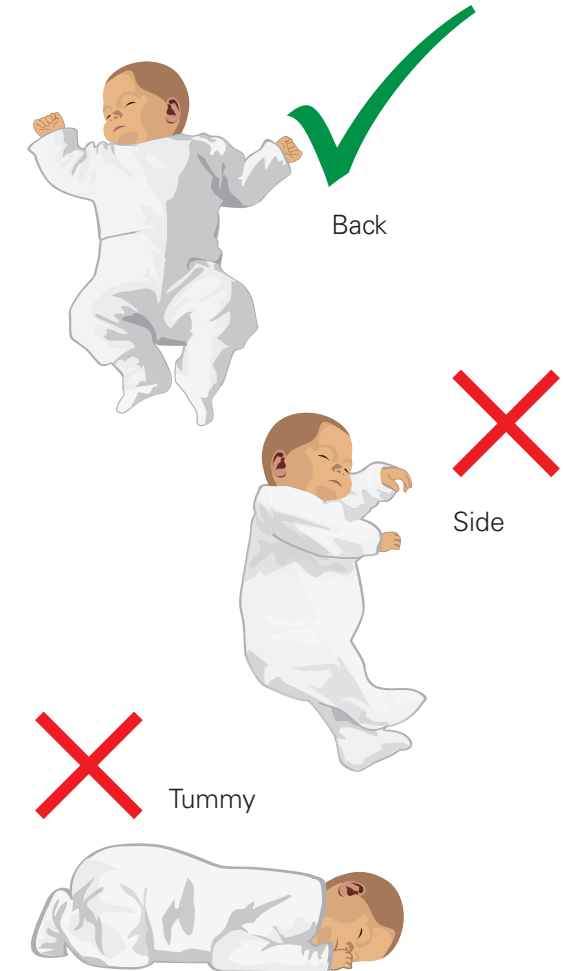
## sids and kids<sup>®</sup>

### safe sleeping



Reducing the risk of Sudden Infant Death Syndrome (SIDS)

## Sleep baby on back



Sleeping baby on the side or tummy increases the risk of SIDS

## No Soft or Puffy Bedding



- pillow X
- cot bumper X
- lambs wool X
- soft toy e.g. teddy X
- doona X

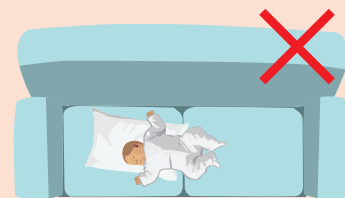
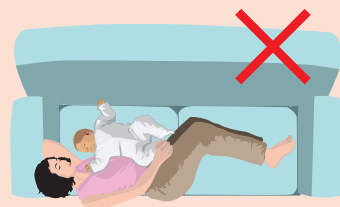
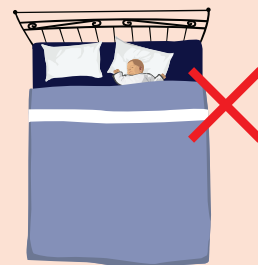


Cot should meet Australian Standard (AS2172)

Mattress should be firm and the right size for the cot

Soft surfaces increase the risk of SIDS

## Unsafe Sleeping Places



Pictures with a X are **not** safe sleeping places

## No smoking before or after birth



Smoking during pregnancy and around baby after birth increases the risk of SIDS.

Help to quit smoking is available from your doctor, nurse or by contacting

**Quitline on 131 848**