No smoking, drugs or alcohol

Smoking during pregnancy or around baby increases the risk of SIDS.

Cords can strangle babies

Always stay alert. This means no alcohol or drugs.

Sleeping Your Baby Safely

For more Information
Ask your local Aboriginal Health Worker, your child health nurse, or

Kidsafe SA on 08 8161 6318
www.kidsafesa.com.au

SIDS and Kids SA on 1300 308 307
www.sidssa.org

Jointly developed by Kidsafe SA, SIDS and Kids SA and the
Women’s and Children’s Health Network, Centre for Health
Promotion, with funding support from SA Health (2012).
Reviewed and reprinted 2015.
The information contained in this resource is in line with the
South Australian Safe Infant Sleeping Standards. For further
information about the Standards, visit www.sahealth.com.au

Good night little one!
Sleep baby on back

- Back
- Side
- Tummy

Keep baby’s head and face uncovered, and feet at the end of the cot.

Firm, flat mattress which fits snugly

No bumpers, quilts/doonas

No pillows, toys

Nothing soft in the cot.

Safest place to sleep baby day and night

Best way for parents and baby to sleep

Is baby on their back to sleep?
Is baby’s head and face uncovered?
Is baby away from smoke?
Is baby sleeping safely in their own space next to parent’s bed?
Is everything soft or puffy removed – no bumpers, pillows, toys, sheeepskins, quilts or doonas?
Make sure baby is not sleeping on couches, pillows, bean bags or in adult beds.
Is baby sleeping away from curtain and blind cords? Secure all cords up high and out of baby’s reach.
Make sure baby is not sleeping in an adult bed or with another person or pet.
Breastfeed your baby if you can.
Is baby sleeping in their own safe sleeping place day and night?

Checklist