

Good night little one!



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

No smoking, drugs or alcohol



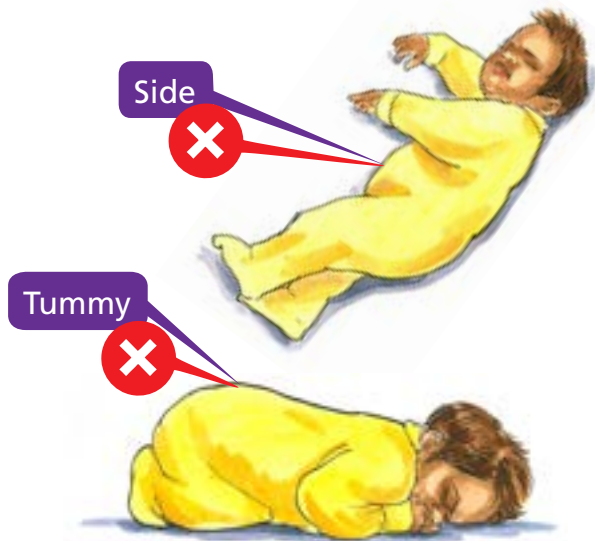
Cords can strangle babies



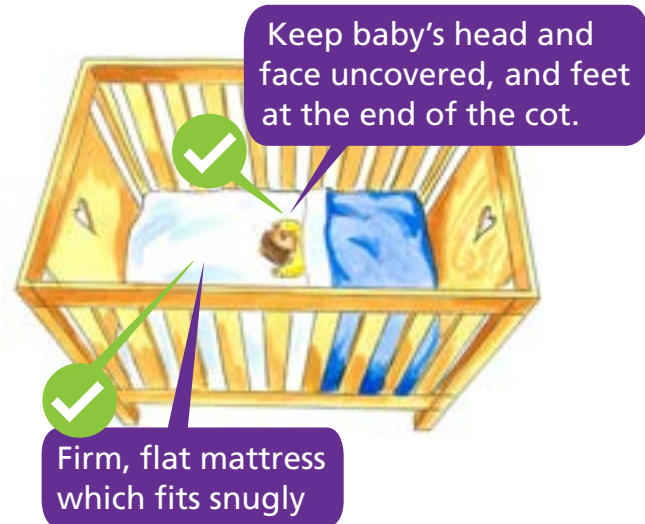
Sleeping Your Baby Safely



Sleep baby on back



Safest place to sleep baby day and night



Best way for parents and baby to sleep



Checklist

- ✓ 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, sheepskins, 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?

