

MAKE UP YOUR BABY'S COT TO HELP KEEP BABY'S HEAD UNCOVERED

Make sure
your baby's
head remains
uncovered
during sleep

Do not put
your baby on
a water bed or
bean bag.

Put your
baby on the
back to sleep

Use a firm,
clean, well-
fitting
mattress.

Tuck in your
baby's
bedclothes
securely

Position your
baby's feet at
the bottom of
the cot.

Quilts,
doonas,
duvets,
pillows, soft
toys and cot
bumpers in
the cot are not
recommended

