

## Reducing the risk of Sudden Infant Death Syndrome (SIDS)

Sleep baby  
on back

Tummy



Side

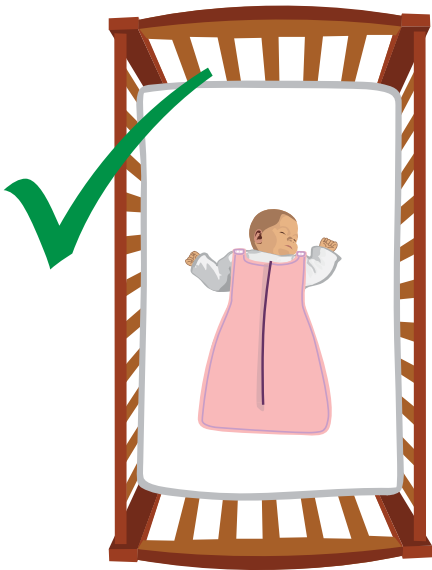


Back



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

Keep Head and  
Face Uncovered



Use a safe sleeping bag  
with a fitted neck and  
armholes

OR



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

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

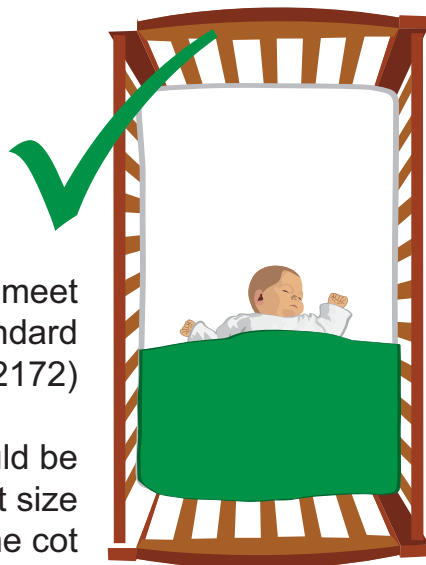


## No smoking before birth or after

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

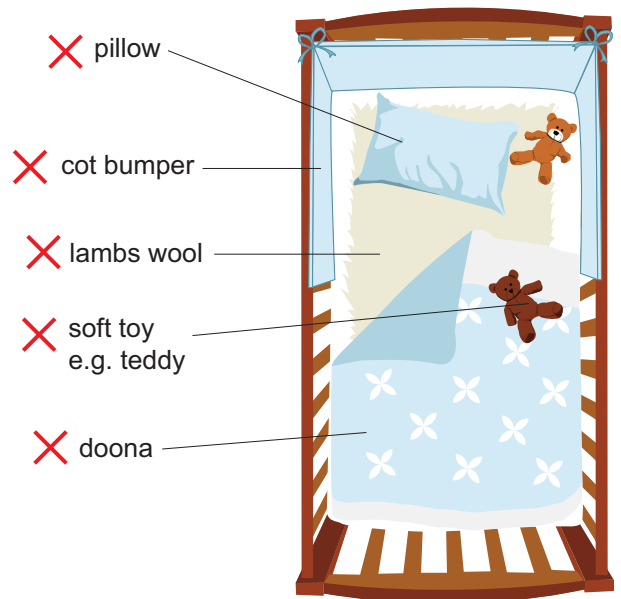
**Quitline on 131 848**



Cot should meet Australian Standard (AS2172)

Mattress should be firm and the right size for the cot

## No Soft or Puffy Bedding

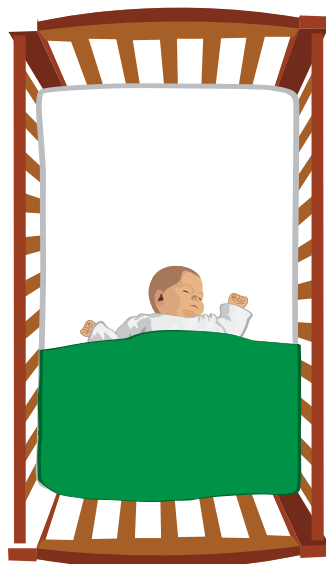


Baby on Back ✓

Keep head and face uncovered ✓

Keep baby smoke free before birth and after ✓

Sleep baby in a safe cot next to parents' bed ✓

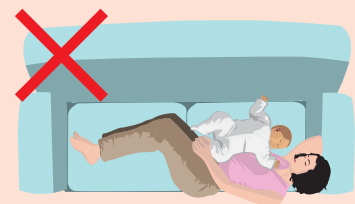
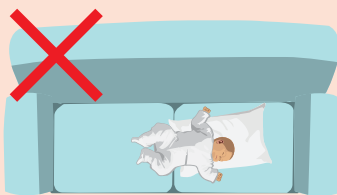


**Soft surfaces increase the risk of SIDS**

# Unsafe Sleeping Places



Safest place for baby to sleep is in a safe cot next to parents' bed.



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

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



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**sids**and**kids**

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**