

MAKE UP YOUR BABY'S COT USING SAFE SLEEPING MESSAGING

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

