



Services provided by SIDS and Kids

- Education on safe sleeping for Bubba
- Education to your community organisation, school or your workplace
- Information statements on commonly asked questions
- Bereavement counselling
- Support groups
- Resources for families who experience the sudden and unexpected death of a child aged from 20 weeks of pregnancy to 6 years of age.

If you have a question about safe sleeping or if you would like to have a yarn to someone about the death of Bubba or a child talk to your local Health service or telephone SIDS and Kids Queensland.

SIDS and Kids Queensland
68 Creek Road | Mount Gravatt QLD 4122
PO Box 241 | Mount Gravatt QLD 4122
Regional Phone: 1300 308 307
Phone: 07 3849 7122
Facsimile 07 3849 7121

www.sidsandkids.org

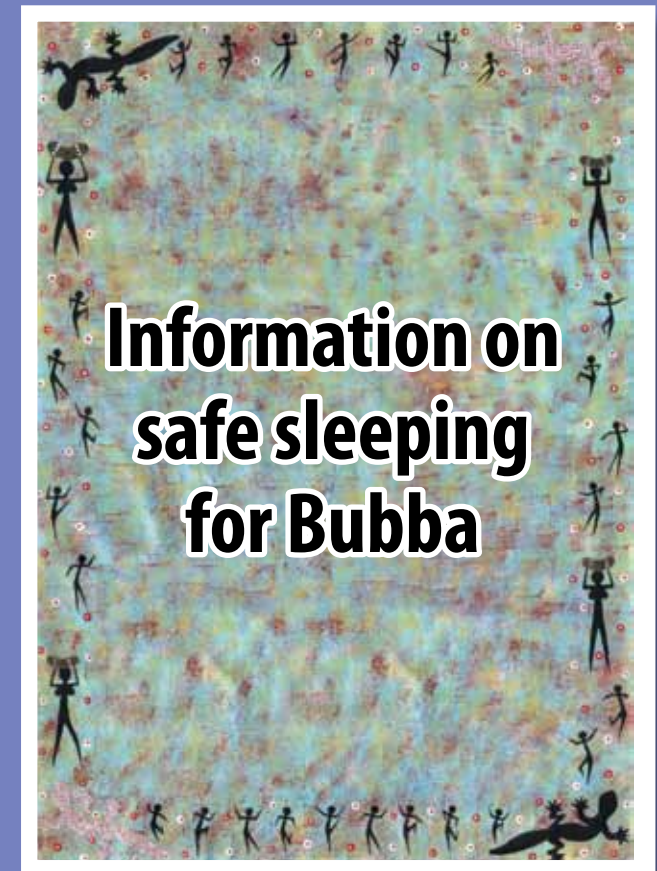
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KEEPING BUBBA SAFE

Always put Bubba on their back to sleep

- Sleeping your Bubba on their back reduces the risk of Sudden Infant Death Syndrome (SIDS).
- Put your Bubba on their back to sleep from birth, unless your Doctor tells you otherwise.
- Healthy babies placed on their back to sleep are less likely to choke on vomit.
- If you are unsure about the best way to sleep your Bubba speak to your Doctor, Child Health Nurse or Health Worker.

Keep Bubba smoke free

- Don't smoke while pregnant.
- Don't smoke or let anyone else smoke cigarettes, yarndy or gunga near Bubba.



Leave Bubba's head uncovered

- Leave Bubba's head uncovered while they are sleeping.
- This reduces the risk of Bubba over-heating and keeps their airway clear.

Put Bubba in a safe position and place to sleep

- It is best to sleep Bubba in a safe place of their own on their back.
- It is not recommended to have doonas, pillows, cot bumpers, soft toys or sheepskins in the cot or sleeping place with Bubba.
- This reduces the risk of Bubba becoming trapped.



Safe sleeping places for Bubba

- It is best to sleep Bubba in a safe place of their own in the same room as you.
- Adult sleeping places can be unsafe for your Bubba.
- Bubba can get caught under adult bedding or pillows.
- Bubba can get trapped between the wall and the bed.
- Someone who sleeps very deeply or is affected by grog, yarndi or gunga can roll on a Bubba.
- Sharing a bed with Bubba if you are a smoker increases the risk of SIDS.
- If you choose to sleep with Bubba contact SIDS and Kids or your Health worker for a copy of the SIDS and Kids statement on "Sleeping with a baby."

