

TAKING CARE OF YOUR BABY



About SIDS

SIDS

What is SIDS?
Sometimes babies die.
No one knows the reason why.
NO ONE IS TO BLAME.

To help keep baby safe

SLEEP ON BACK



- Do not let your baby get too hot.
- Don't wrap your baby too tightly.
- Make sure baby's head and arms are free to move.
- Baby needs to sleep in a place of its own so it doesn't get too hot.

KEEP BABY COOL



- These make you sleepy and you might roll on to baby.



If you have been drinking grog or kava or have been smoking gunga put baby in a safe place to sleep.

- Don't let anybody smoke near your baby before or after it is born because your baby may get sick



- Smoking mothers have small babies.



- Breast feed your baby.
- Breast milk is the best food for your baby.



Talk to these people about what is Best for Baby

- Community Care Nurse
- Health Worker
- Doctor
- Strong Women Workers



SIDS and Kids offices all over Australia are also able to tell you more about Sudden Infant Death Syndrome.



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It's cool for fathers to love and care for their babies.

