



Safe Sleeping

Always try to make your child's sleeping space as safe as possible.

In & around the cot/bassinet

A firm and flat sleep surface

Consider using a swaddle suit instead of loose blankets or bedding.

No soft toys or toys may be in space only introduce at 7 months

No gaps around mattress

Slats less than 6cm apart

Mattress at appropriate height
When baby is sitting/standing use at lowest level

No positional devices
Sleepyhead, NulaPod, NordicNuss,wedges

Far away from cords and cables

Cot bumpers could be dangerous

Snug fit sheets over mattress

No drop down sides

If using a bassinet:
Use correct mattress and transition when outgrown

Swaddling

Loose around the hips

Secure

Snug around the chest
But still space for your hand to slide in

Stop when baby starts rolling



When bed sharing

No gaps around mattress and the wall where baby lies



Both parents should be non-smokers or have consumed alcohol/or taken drugs



Avoid pets in the sleep area



Baby should not sleep between parents



No loose strings on moms sleep wear



Mother should lie on her side and form a frame around baby



It is not a good idea to co-sleep with a pre-mature baby or an under weight baby



Safe sleep outside the cot

Stay awake when holding baby for a sleep



Do not swaddle baby while in car seat



If baby is sleeping in car-seat/carrier/swing/stroller as soon as practical move to a safe flat surface



When baby is in a car seat outside the car, keep them buckled, visible and remove baby as soon as you are home



TAKE NOTE

Place baby on back for all naps



Dressed appropriately



Check for overheating / too cold

Follow tog rated guidelines for sleeping bags

If baby can roll front to back, back to front & has strong head control, tummy sleeping is allowed.



Keep house smoke free



Ideally no sleeping in swings, car seat and positional chairs.

