

## Put baby on the back to sleep, from birth

- Sleeping your baby on the back lowers the risk of SIDS.
- The chance of babies dying from SIDS is greater if they sleep on their tummies or sides.
- If you are unsure about the best way to sleep your baby speak with your doctor or nurse.

## Sleep baby with face uncovered

- Make sure your baby's face and head stay uncovered during sleep as this reduces the risk of SIDS.
- Taking baby into an adult bed may be unsafe. It is unsafe if baby gets caught under adult bedding or pillows, if baby is trapped between the wall and the bed, if baby falls out of bed, or if baby is rolled on by someone who sleeps very deeply or who has taken medicine, drugs or alcohol that can cause them to sleep heavily.

## Cigarette smoke is bad for babies

- Cigarette smoke harms babies before birth and after. 
- Babies have a much higher risk of SIDS if there was smoking in pregnancy and they bedshare.
- Try not to let anyone smoke near your baby.
- If you need help to quit smoking, call the Quitline on 131 848 or ask your doctor or nurse for information and advice.

## For more information

- Talk to your doctor, Child Health Nurse or support worker
- Call SIDS and Kids on 1300 308 307
- Visit the SIDS and Kids web site [www.sidsandkids.org](http://www.sidsandkids.org)



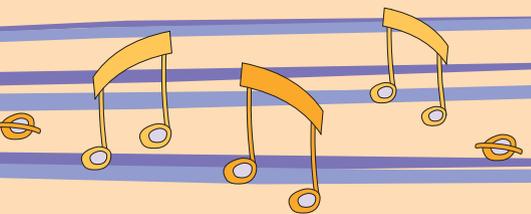
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# sids & kids

## safe sleeping

Lullabies aren't the only things  
you'll need to know to put  
your baby to sleep



## SIDS and Kids safe sleeping

Lullabies aren't the only things you'll need to know to put baby to sleep.

### What is SIDS?

- SIDS is short for 'Sudden Infant Death Syndrome'. It means the sudden, unexpected death of a baby.
- The cause of death is not known.
- SIDS is the most common cause of death in babies between one month and one year of age. Most babies who die of SIDS are under six months. More babies die of SIDS in winter than in summer.
- **Remember, 1999 out of 2000 babies will not die of SIDS.**



### Some new information

Research has found some important ways to reduce the risk of SIDS. Since parents have used these ways in Australia, SIDS deaths have dropped by about 70% to about 140 per year.

# How to reduce the risk of SIDS and sleep baby safely

- Put baby on the back to sleep, from birth

- Sleep baby with face uncovered

- Cigarette smoke is bad for babies 

- Put baby's feet at the bottom of the cot
- The cot must meet the Australian Standard for Cots
- Tuck in bedclothes so bedding is not loose
- Keep quilts, doonas, duvets, pillows and cot bumpers out of the cot
- Use a firm, clean mattress that fits snugly in the cot

