'Sleep Safe, My Baby'

MAKING UP BABY'S COT

SLEEP BABY IN A SAFE COT IN PARENTS' ROOM FOR THE FIRST 6-12 MONTHS OF LIFE

- ✓ Use a **safe cot** that meets the current Australian Standard AS2172
- ✓ Use a **safe mattress: firm, clean, flat** (not tilted or elevated), right size for the cot
- ✓ Sleep baby on back
- ✓ Keep head and face uncovered
- ✓ Position baby's feet at the bottom of the cot
- ✓ Tuck blankets in firmly or use a safe baby sleeping bag

- ✗ **Do not use** pillows, doonas, soft toys, cot bumpers, or lambswools anywhere in the cot
- ✗ **Do not put** your baby to sleep on a water bed or bean bag

✓ KEEP BABY SMOKE FREE | ✓ BREASTFEED BABY | ✓ SAFE SLEEPING ENVIRONMENT NIGHT AND DAY

For information on the use of Portable Cots please refer to our FAQs at www.sidsandkids.org/safe-sleeping/faqs

For more information on Safe Sleeping, including our information statements, visit www.sidsandkids.org/safe-sleeping

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