

# SAFER SLEEP

for your baby



You risk smothering baby when you sleep in the same bed if you have been drinking or using drugs.



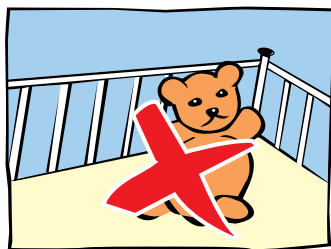
Sleeping with baby in the same room, but not in your bed, lowers the risk of a fatal sleeping accident.



Sleeping with baby on the sofa is dangerous as baby's head can easily become caught between the seat cushions or the back or sides of the sofa.

## Tips for SAFE SLEEPING

- Never sleep with your baby in your bed if you have been drinking or taking drugs
- You might roll on, or suffocate, your baby if you are sleeping heavily because of drinking or taking drugs
- Put your baby to bed on their back, not on their side or tummy
- A bassinet or cot next to your bed is the safest place for baby to sleep
- No yarndi or grog near baby
- Ensure your baby's head does not get covered while they sleep – avoid cot bumpers, soft toys and doonas that can suffocate baby.



Never sleep with your baby in your bed if you have been

**drinking**      **taking drugs**



**or taking medicines that make you sleepy.**

## For support and help call:

**Parent Line**

**1300 1300 52** (24 hours)

**Help with settling baby, parent info and counselling:**

- **Tresillian**  
**(02) 9787 0855** or  
**1800 637 357** (Outside Sydney)
- **Karitane**  
**(02) 9794 2350** or  
**1300 CARING** (Outside Sydney)



NSW Department of Community Services



New South Wales Government

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