

SAFER SLEEP

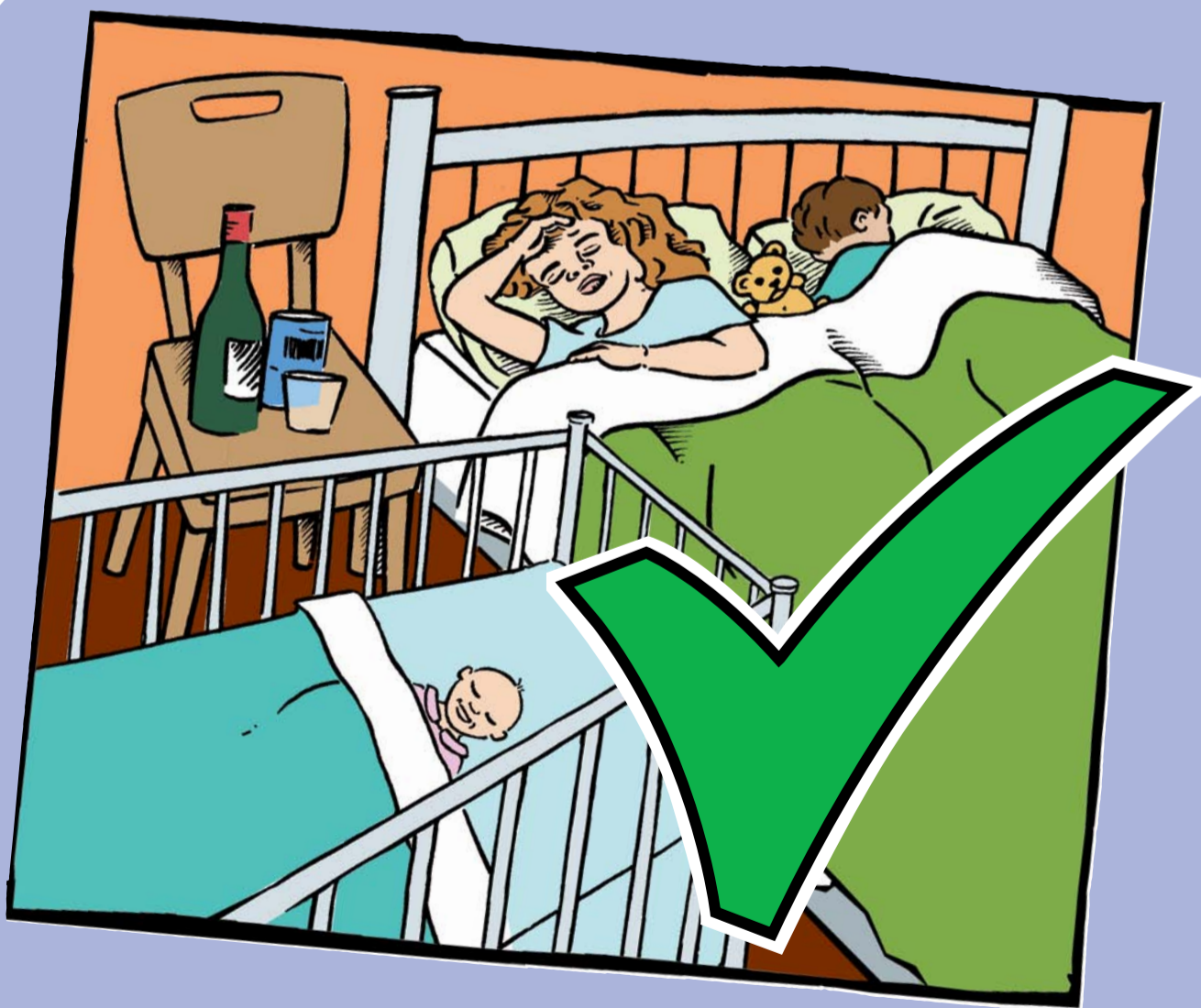
for your
baby

Never sleep with baby in your bed if you've been drinking or taking drugs!



- Sleeping with your baby is dangerous if you have been drinking or taking drugs. You might roll on, or suffocate your baby if you are sleeping heavily
- Never sleep with baby in your bed if you've taken medicines that make you sleep heavily

- A bassinet or cot next to your bed is the safest place for your baby to sleep
- Sleeping with your baby on the sofa is dangerous, especially if you have been drinking or taking drugs. Your baby can get trapped between you and the sofa or cushions.



**If you don't have a cot or can't settle your baby
– talk to your health worker or family worker**