

SAFER SLEEP

for your
baby

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



- Never sleep with baby in your bed if you've taken medicines that make you sleepy
- Don't share your bed with baby if you smoke – it increases the risk of Sudden Infant Death Syndrome (SIDS)

- A bassinet or cot next to your bed is the safest place for your baby to sleep
- Sleeping with baby on the sofa is dangerous – their head can easily become caught between the seat and the back of the sofa



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