

Good night
little one!



For more information

Ask your local Aboriginal Health Worker,
your child health nurse, or



Kidsafe SA on 08 8161 6318
www.kidsafesa.com.au



SIDS and Kids SA on 1300 308 307
www.sidssa.org

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The information contained in this resource is in line with the
South Australian Safe Infant Sleeping Standards. For further
information about the Standards, visit www.sahealth.com.au

No smoking, drugs or alcohol



Always stay alert.
This means no alcohol or drugs.



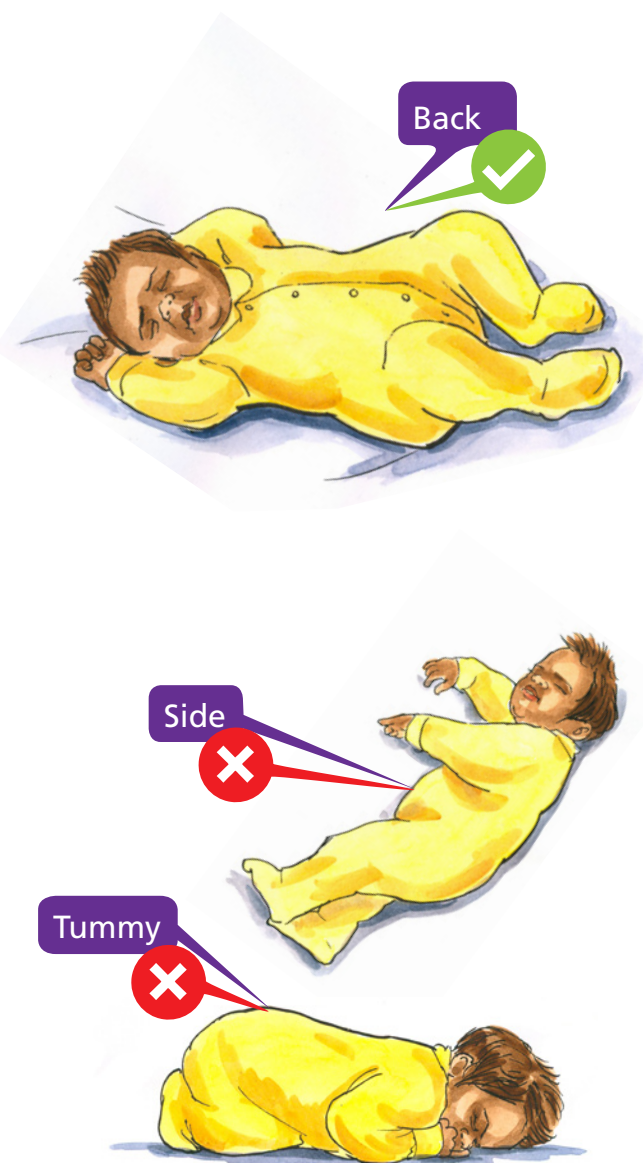
Cords can strangle babies



Sleeping Your Baby Safely



Sleep baby on back



Safest place to sleep baby day and night



Best way for parents and baby to sleep



Checklist

- ✓ Is baby on their back to sleep?
- ✓ Is baby's head and face uncovered?
- ✓ Is baby away from smoke?
- ✓ Is baby sleeping safely in their own space next to parent's bed?
- ✓ Is everything soft or puffy removed – no bumpers, pillows, toys, sheepskins, quilts or doonas?
- ✓ Make sure baby is not sleeping on couches, pillows, bean bags or in adult beds.
- ✓ Is baby sleeping away from curtain and blind cords? Secure all cords up high and out of baby's reach.
- ✓ Make sure baby is not sleeping in an adult bed or with another person or pet.
- ✓ Breastfeed your baby if you can.
- ✓ Is baby sleeping in their own safe sleeping place day and night?