

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

✔ **Breastfeed baby**

✔ **Keep baby smoke free**

✔ **Safe sleeping environment night and day**

For further information on Safe Sleeping, use of Portable Cots and to check if your mattress is compliant with the new Voluntary Standard AS/NZS 8811.1.2013 Sleep Surfaces – Test for Firmness - talk to your midwife, child and family health nurse, doctor or contact Red Nose on

1300 998 698 | rednose.com.au
education@rednose.com.au



**red
nose**
saving little lives

mission partner

cua
BANKING | INSURANCE