



Safe Sleeping for Infants & Toddlers

Sadly, each year, SIDS and fatal sleeping accidents claim the lives of many infants as a result of unsafe sleeping environments.

It is essential that parents ensure their young infants and toddlers sleep safely at all times and that the research-based guidelines are followed.

With clear, consistent and evidence-based messages of safe sleep practices, we can reduce the risk of many sleep related deaths and injuries occurring.

Safe Sleeping Recommendations 6 steps to Safe Sleeping



Amber Bead Warning

- Always supervise child when wearing.
- Remove when child is unattended.
- Remove while child is asleep day or night.



Some other questions to consider and discuss with your partner/family:

- Have you received information on how to sleep your baby safely?
- Are you aware of the recommendations on how to create a safe sleeping environment?
- Have you decided where your baby will sleep or what products you might buy or use?
- Where are you going to sleep your toddler or young child?
- Are you moving them out of the cot in readiness for the new baby?
- Discuss if other carers such as grandparents may be involved in the infant's care and if they are aware of safe sleeping guidelines?

Safe Sleeping Checklist

Please ensure:

- The baby/toddler is placed to sleep on their back on a firm flat surface – never on their stomach. Tummy sleeping reduces a baby's arousal level and ability to swallow.
- Feet to bottom of cot; securely tuck in blankets and ensure the baby's feet are touching the bottom of the cot.
- No **X** pillows **X** cot bumpers **X** lambs wools **X** soft toy eg: teddies **X** doonas – they can increase the risk of an accident by suffocation and can be used as a step to climb up and over the cot.
- Cot meets current Australian and New Zealand Standard (AS/NZS 2172:2003). Parents planning to use a second-hand cot, ensure that it meets these standards.
- Mattress is firm, clean, flat and correct size for the cot. Mattress is never to be tilted or elevated.
- No **X** soft surfaces or bulky bedding.
- As an alternative to blankets, use a safe baby sleeping bag with fitted neck and armholes and no hood.
- Hats, bonnets, hooded clothing and other head coverings are removed before the baby is placed for sleep.
- The baby is not wearing any necklaces, amber beads or clothing with ties or drawstrings that could make breathing difficult.
- Do NOT **X** wrap a baby once they show signs of attempting to roll. Once a baby has started to roll they should no longer be wrapped or swaddled. Their arms need to be free.
- Sleep babies in a cot beside the parents' bed for the first six to twelve months of their life so that they can be effectively monitored. For day sleeps monitor sleeping children at regular intervals. Bean bags, sofa, large cushions and air mattresses are not recommended as a safe surface for young children to sleep.
- Safe sleeping education alone is not enough - Understanding the capacity of an infant and toddler, and how to settle them effectively – so that unsafe practices do not occur is important

Safe Sleep Space offers an understanding of your baby's needs, cues and capabilities, then provides a step-by-step guide to workable strategies for creating an emotional and physical safe sleep space. For more information visit www.safesleepspace.com.au or call us on 1300 775 337