



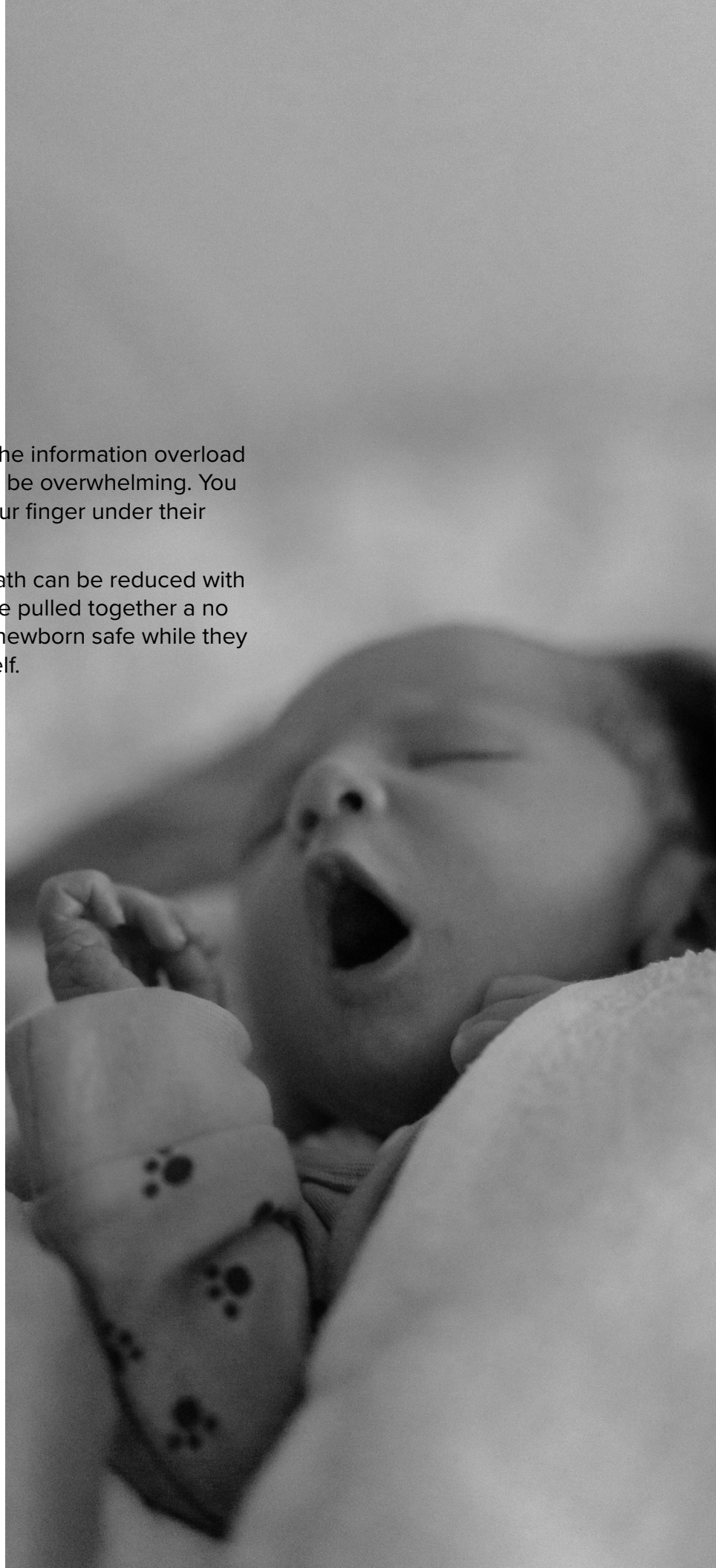
safe sleep, sorted.

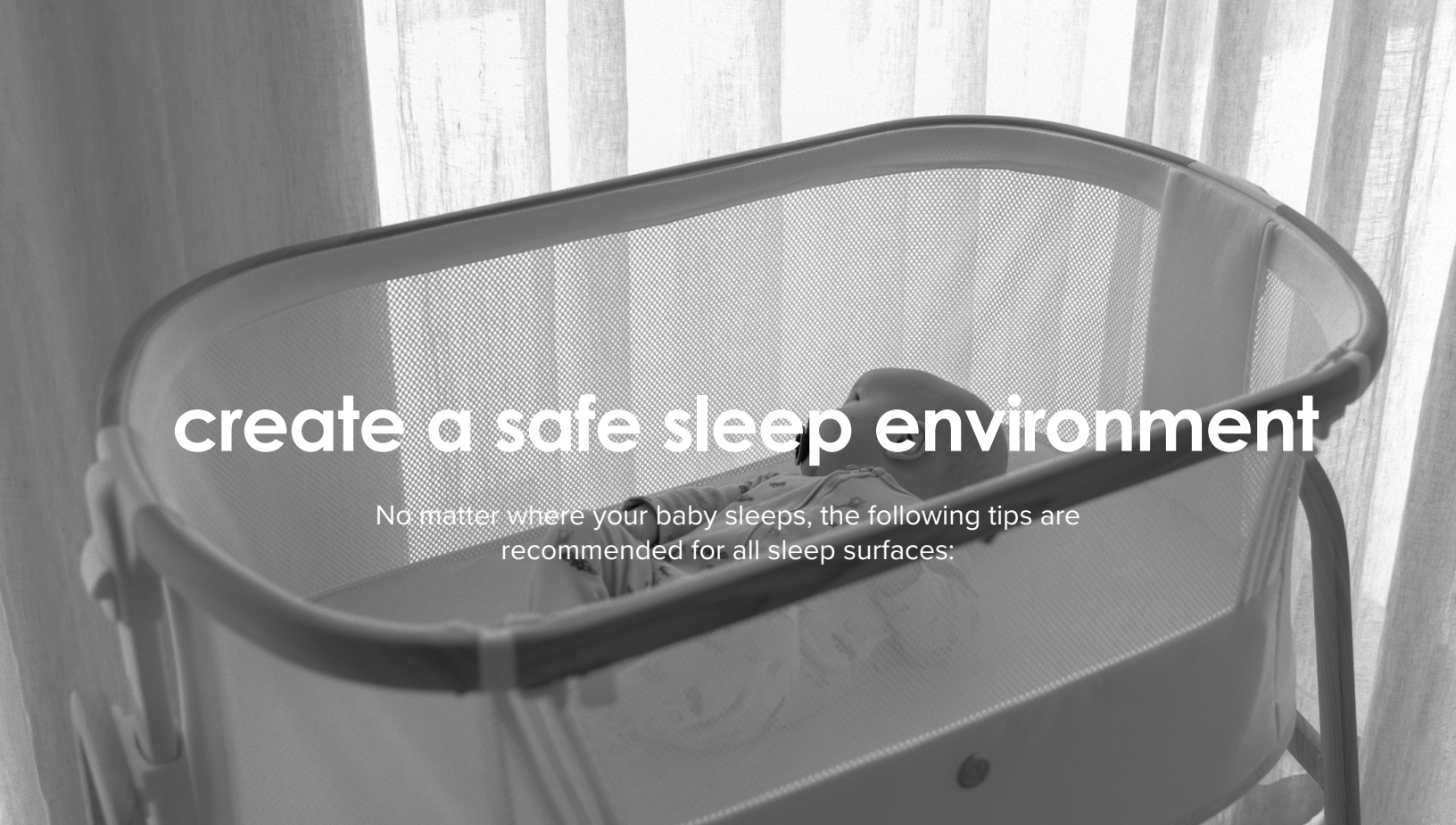
YOUR GUIDE TO SAFE SLEEPING

safe sleep starts here.

Following the birth of your baby, the information overload around safe sleep can sometimes be overwhelming. You might even catch yourself with your finger under their nose checking they're breathing.

The reality is, the risk of infant death can be reduced with a safe sleep environment so we've pulled together a no nonsense guide to keeping your newborn safe while they sleep so you can rest easy yourself.



A black and white photograph of a baby sleeping peacefully in a mesh bassinet. The baby is lying on their back, and the bassinet is positioned in front of a window with sheer curtains. The text 'create a safe sleep environment' is overlaid in white on the image.

create a safe sleep environment

No matter where your baby sleeps, the following tips are recommended for all sleep surfaces:

1 use a safe mattress

The mattress should fit the bed perfectly. Make sure there's less than a 20mm gap between the mattress and sides of the bed.

The mattress should be firm. There are ways to test this at home, but the best way is to buy a mattress that meets the current Australian Standard for sleep surface firmness (AS/NZS 8811.1:2013).

The mattress should sit flat. It shouldn't be tilted or elevated. The mattress should be clean and in good condition.

2 baby should sleep on their back

The back is the safest place for your baby to sleep because it keeps their airway clear. It also reduces the chances of suffocation, overheating and choking.

Once your baby knows how to roll, and their arms aren't swaddled, it's safe for them to sleep on their side or front.

3 use safe bedding

Thick blankets, quilts and pillows are considered unsafe. They increase the risk of suffocation. So an infant sleep sack is the safest way to keep your baby warm while they sleep.

Most quality sleep sacks come with a TOG (Thermal Overall Grade) rating. This rating indicates how much warmth the sleep sack provides. A simple Google search will show you what to dress your baby in and what TOG rating sleep sack to use according to the room temperature.

If you use a blanket, use something that's light. Place your baby with their feet at the end of the bed. Tuck the blanket tightly underneath the mattress and across their chest.

Never use soft bedding, as it increases the risk of suffocation. This includes:

- Pillows
- Doonas
- Lambswool
- Bumpers
- Soft toys

4 don't cover baby's head

Keep your baby's head uncovered during sleep to reduce the risk of overheating. Even when it's really cold, don't put a beanie on your baby while they sleep.

5 remove all potential hazards

Make sure there are no hanging cords around the bed like blinds, curtains or electrical appliances.

Keep heaters away from the bed to prevent the risk of overheating, burns or electrocution.

Never use:

- Electric blankets
- Hot water bottles
- Wheat bags



6 don't smoke around baby

Smoking during pregnancy and around your baby once they're born can cause sudden death.

If you or someone in your home smokes, don't smoke around your baby and never smoke where your baby sleeps.

For free help to quit smoking call Quitline on 13 78 48.

7 avoid unsafe sleep environments

It's unsafe for a baby to sleep unsupervised on a:

- Adult bed
- Bunk bed
- Waterbed
- Beanbag
- Couch
- Pillow or cushion

It's safe to sleep on an adult on the couch, sofa or chair, as long as the adult is awake.



safe sleep surfaces

The safest place for a baby to sleep is on their own surface, in their parent's room for at least the first 6 months of their life.

Here are the safest places for your baby to sleep.

1 bassinet

People choose to use a bassinet because:

- There's not enough room in their room for a cot
- They want to keep baby close
- It's easier to feed their baby throughout the night
- The sides are lower so it's easier to get your baby in and out

Currently there are no Australian safety standards for bassinets. You can look out for the European or US Standards (ASTM F2906-13 (2019) ASTM F2194-16e1, EN 1130:2019).

Otherwise, make sure:

- It has a sturdy, wide base so it won't tip over
- All four sides are more than 300mm higher than the mattress
- It's made from a light, breathable material
- It's well ventilated across all four sides
- There are no decorative trims or ribbons

The bassinet mattress should be:

- Firm and flat
- The correct size for the bassinet
- Less than 75mm thick





2 bedside sleeper bassinets

A bedside sleeper (sometimes called a co-sleeper) is a free standing bassinet. It can also be placed flush up against your bed and one side can be lowered. It's almost as if bub is sleeping in the bed with you if it weren't for the short barrier against your bed ensuring neither of you can roll onto the others separate sleep space.

Newborns wake often throughout the night, especially in the early days. A bedside sleeper makes it the easiest option for you with bub only a reach away. You don't even need to get out of bed.

They're also handy in the early days when your body is recovering from the birth. Many parents comment that lowering a baby down to the base of a cot can be very difficult especially when the baby is small and your core is not as strong as it once was.

Considering purchasing a bedside sleeper? Checkout our POD bassinet.

[Learn more](#)



3 cot

A cot allows you to create a safe sleep environment for your little one, that lasts for years to come.

Look for a cot that complies with the Australian safety standard (AS/NZS 2172:2003) that all companies are required to meet. This will be clearly marked on a safety label on the cot.

People choose a cot over a bassinet because they:

- have plenty of space in their bedroom for a cot
- don't have the means to buy both



safe sleeping in a pram

It's important to note that prams are only safe for naps. It's not recommended to use a pram for overnight or unsupervised sleep. Industry experts including Red Nose and INPAA advise that they would never consider any pram bassinet as a safe overnight sleeping environment.

For napping in prams you can either use a stroller seat that reclines flat, or a pram bassinet.

Pram bassinets are specifically designed for newborns. They're an attachment that can be removed and replaced with a stroller seat once bub can sit unassisted (around 6 months). Experts recommend pram bassinets with a flat surface as the safest position for your newborn to lay in.

We have 2 prams that come with a bassinet and a stroller seat:

- ROVER3 comes with a bassinet for newborn - 6 months, and then the option to switch to the stroller seat for 6 months onwards
- DUO3, which includes the option to add a second seat to the pram (perfect if you're looking to have more than one bub)

You can safely use a pram without a bassinet attachment as long as the stroller seat reclines flat.

Our LUNA, LUNA Mini, or MILES prams have a flat lay seat design, perfect for newborns.

You should avoid a 'bucket seat' design for infants under the age of 6 months. This means that even if the frame can recline 180 degrees, there's a dip under bub's bottom and they end up in a v-position with their legs in the air. This position increases the risk of an infant's neck tilting forward and blocking their airways. Bucket seat design stroller seats are safe once your little one is sitting unassisted (around 6 months)



**pram
bassinet**

newborn



**stroller seat
flat-lay design**

newborn



**stroller seat
bucket design**

6 months +

you're doing a great job!

Now you can keep the anxiety at bay knowing you're prepared with this no nonsense guide to safe newborn sleep.

Just remember, creating a safe sleep environment is the best way to keep bub safe and your mind at ease. So make sure you're following the guidelines to a safe sleep environment, and you have a dedicated space for bub to sleep in set up in your room for the first 6 months.

Finally, our staff picks for our friends in the trenches of the early newborn days are:

Our POD bassinet for easy nighttime cluster feeding

Our ROVER3 pram with the bassinet for getting some much needed fresh air out of the house

From all of us at Babybee, you're doing a great job mama!

