

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, soft toys, cot bumpers, or lambswools** anywhere in the cot

✘ **Do not put your baby to sleep on a water bed or bean bag**

✔ **Keep baby smoke free**

✔ **Safe sleeping environment night and day**

Safe sleeping

Five ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

Sleep
baby on
back

Keep head
and face
uncovered

Keep baby
smoke free
before and
after birth

Safe sleep
environment
night and
day

Sleep baby
in a safe cot in
parents'
room



Safe wrapping



Infant wrapping is a safe and effective strategy that can be used to help babies sleep on their back during the first months of life. Wrapping style should be appropriate for the baby's development stage. It is essential to discontinue wrapping as soon as baby starts showing signs that they can begin to roll, usually between 4-6 months.

Place baby
on back

No bed
sharing when
baby is
wrapped

Keep baby's
face and head
uncovered

Wrap
should be
firm but
not tight

Baby must not
be overdressed
under the wrap

