



Safe Sleeping for children up to 2 years of age

Information for parents and caregivers

To provide a safe sleeping environment for young children under 2 years of age:

- Sleep them on their back from birth - never on the tummy or side. An easy to remember message is:

Back to sleep, tummy to play, sit up to watch the world

- Sleep them with their feet at the bottom of the cot
- Make sure their head and face remains uncovered during sleep. An infant sleeping bag that is the correct size and weight for the season, with a fitted neck, arm holes and no hood, is a safe and effective way to keep a baby's head and face uncovered during sleep. Using an infant sleeping bag does away with the need for extra unnecessary bedding. They can be purchased from Kidsafe SA in the Women's and Children's Hospital.
- Make sure the cot meets the Australian Safety Standards for Cots (AS/NZS 2172)
- Keep them away from cigarette smoke before and after birth
- Sleep them in their own cot or bassinette in the same room as the parents for the first 6 - 12 months, **not** in the bed with you
- Use a firm, clean mattress that fits the cot snugly
- Make sure that no additional mattresses or extra padding are placed in cots, including porta cots
- Tuck in bedding securely, so that it is not loose and could cover their face
- Keep quilts, doonas, duvets, pillows, cot bumpers, sheepskins and soft toys out of the cot or bassinette
- Keep the cot or bassinette away from curtain/blind cords - young children have been strangled by dangling curtain and blind cords.
- Don't let them sleep on couches, bean bags or pillows on the floor



For further information or to purchase an infant sleeping bag, contact or visit:

Kidsafe SA Inc

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