

Preventing SIDS – in pictures

Safe sleeping positions



Sleeping babies on their **back** can help prevent against SIDS (Sudden Infant Death Syndrome), also known as 'cot death'.

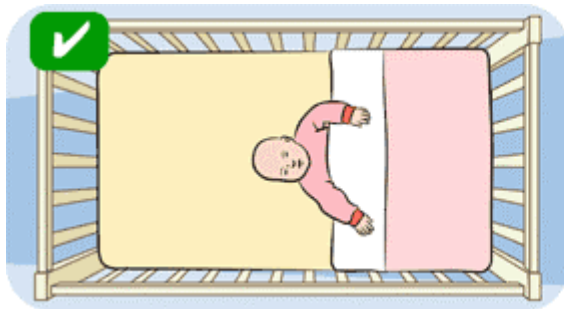


Babies who sleep on their **tummies** are at a greater risk of SIDS, so it's best to avoid this position.



Sleeping on the **side** has also been associated with SIDS, so stick with the '**back to sleep**' position.

Safe clothes and bedding



Use a firm, clean mattress that fits the cot well (a second-hand mattress is fine). Position baby's feet at the bottom of the cot and tuck in the bed clothes securely.



Quilts, doonas, lamb's wool, pillows, soft toys, bumpers or anything that could cover baby's head during sleep are not recommended.

Safe sleeping dos and don'ts



Wrapping baby in lightweight cotton or muslin can help prevent him from rolling onto his tummy during sleep. For the baby who doesn't like to be wrapped, you could consider an infant sleeping bag.



Overheating has been linked with SIDS, so **don't overdress baby** or put him to bed wearing a **beanie or hat**. A good guide is to dress baby as you would dress yourself; that is, to be comfortable and warm but not hot.



There is a strong link between SIDS and parents who smoke. **Quitting is the best way to protect your baby from SIDS.** But if you're finding it difficult to give up, at least go outside so he doesn't have to breathe harmful second-hand smoke that can cause other health problems. Call the Quit Line on 131 848 for help kicking the habit.