



# sleep safely

helpful advice on  
safe sleep for your baby



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## questions and answers about safe sleep

The advice in this leaflet is based on scientific research and has helped reduce sudden infant death (SIDS) rates by 75%.

### what babies need for safe sleep

- place your baby on their back to sleep, and not on their front or side.
- the safest place for your baby to sleep is in a bassinet or cot in a room with you for the first six months.
- remember there are risks in sharing a bed with your baby.
- cut smoking in pregnancy – fathers too! And don't let anyone smoke in the same room as your baby.
- settling your baby to sleep – day and night – with a dummy can reduce the risk of SIDS.
- breastfeeding your baby helps reduce the risk of SIDS.
- establish breastfeeding before starting to use a dummy.

### what bedding should I use for my baby?

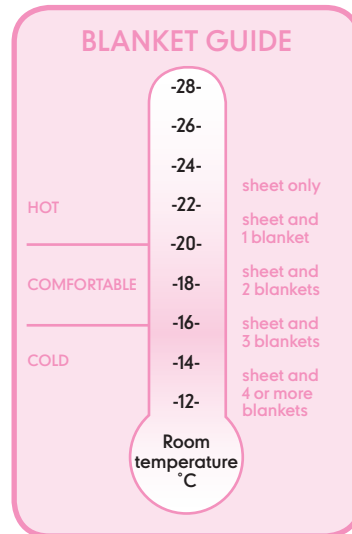
If your baby is under one year, never use a duvet, quilt or pillow. Instead, use light clothing and a baby sleeping bag or light blankets firmly tucked in no higher than the shoulders. Place your baby with their feet to the foot of the cot, to prevent them wriggling down under the covers.

### how many blankets does my baby need?

It depends on how warm the room is and how thick the blankets are, but to check if your baby is too hot, look for sweating or feel the back of your baby's neck or their tummy. Don't worry if their hands or feet are cool – this is normal. If your baby is too hot, remove one or more layers of blankets. Use this chart as a guide.

### how warm should my baby's room be?

Babies don't need hot rooms. In fact, the ideal room temperature is 16-20°C. All-night heating is rarely needed and babies should never sleep next to a radiator or in direct sunlight. Remember to keep your baby's head uncovered.



### what kind of mattress should I use?

It is very important that your baby's mattress is kept clean and dry. Ideally you should buy a new mattress for each new baby. If you are not able to do this, use the one you have, as long as it was made with a completely waterproof cover and has no tears, cracks or holes.

### can my baby share my bed?

The safest place for your baby to sleep is in a cot or bassinet in your bedroom for the first six months. There is a proven risk in sharing a bed with your baby if you (or your partner) smoke even if you never smoke in bed or at home, have been drinking alcohol, take drugs or medication that make you drowsy, or if you feel very tired. There is also a risk in bed-sharing if your baby was born prematurely, was small at birth or is less than three months old.

### where to find out more

visit [www.mothercare.com.au](http://www.mothercare.com.au)  
or call 1300 217 700