

# Safe Sleeping

- Sleep little ones on their back from birth, never on their tummy or side. Make sure their head and face remain uncovered.
- Sleep little ones in a bassinet or cot in the same room as the parents or carers for the first 6-12 months, not in the bed with you.
- Don't have anything soft (e.g. pillows, quilts, cot bumpers, sheepskins or large soft toys) in the cot with little ones.
- Don't let little ones sleep on couches, bean bags or pillows as they can suffocate or be rolled on by a bigger person.
- Keep little ones away from any type of smoke such as cigarette smoke, before and after birth.

