

For the first six months,  
the safest place for me to  
sleep is in my cot in your room.



- ✓ Clear my cot  
No teddies  
Pillows  
Cot bumpers  
Just me!
- ✓ On my back  
to sleep
- ✓ Tuck me in  
with blankets  
under my arms
- ✓ Feet to foot




- ✓ Check the room  
temperature  
when I'm asleep

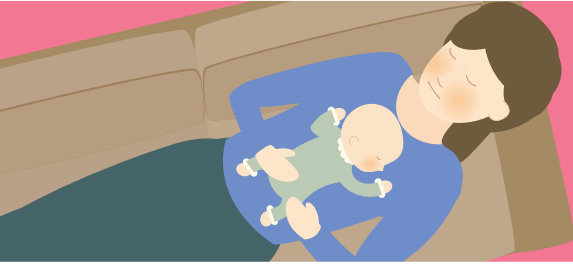


- ✓ If I use a dummy  
or am swaddled, I  
need this for every  
sleep, day or night

# Reduce the risk by avoiding these things.




 Don't smoke when pregnant and keep my home and car smoke free




 Never fall asleep with me on a sofa or armchair




 Avoid letting me sleep in your bed



 Don't leave me in my car seat when I am not travelling



 Don't let me sleep in my chair, swing or nest. My head can roll forwards if I am not sleeping flat. Soft surfaces near my face are hazardous when I am sleeping.