

# Sleep bub safe

## In a safe place, in a safe way.

A safe sleep space can look different for every family, but the most important thing is to put bub to sleep in a safe place, in a safe way. This helps them grow healthy and strong.

Sleep bub in a way that keeps their airways open and uncovered, so they can breathe easily.

## How to make sleep safe



### Sleep bub on their back, on a firm, flat, and level surface.

Always put bub to sleep in their own space, flat on their back. This helps keep their airways open and clear.

Check that the surface is firm and level before you put bub down for sleep. If you need to co-sleep, make sure the sleep surface is also flat and clear around bub.



### Keep bub's sleep space clear.

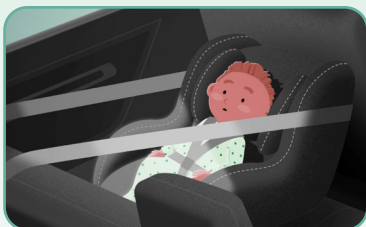
Remove any loose items from bub's sleep space, like pillows, soft toys, or bulky bedding. These items can move around and cover bub's face, blocking their airways.

If you use a blanket when bub is sleeping in a cot, bassinet, or mattress on the floor, put bub's feet at the bottom of the sleep space and tuck the blanket firmly under the mattress. A safe sleep sack might be easier, as it doesn't need to be tucked in.



### Watch bub if they are in a bouncer, swing, or rocker.

These products are just for play, not sleeping. When bub falls asleep in one, their chin can drop to their chest and stop air from getting in. Check bub regularly and take them out if they start to fall asleep.



### Sleep bub safe when they're out and about.

If you're driving, put bub in their car seat, in a position that keeps their airways clear. Check bub regularly to make sure their chin has not dropped to their chest—especially if you're driving for a long time.

When you go out with bub in a pram, keep an eye on them and lie them flat if they fall asleep. And if bub falls asleep in a baby carrier or sling, take them out as soon as you can.

## Looking for more information?

Yarn with your midwife, Aboriginal health practitioner, or health worker. They can help.

You can also visit the ACCC Product Safety website for more advice on safe sleeping.

[productsafety.gov.au/sleep-bub-safe](https://productsafety.gov.au/sleep-bub-safe)



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