**Transcript**

There’s lots to think about to keep bub safe.

And sleep is a big part.

You can help make sleep safe.

It’s about the way bub sleeps.

Keep bub breathing easily while they sleep.

Sleep them on their back, on a firm, flat, level surface.

Keep bub’s sleep space clear.

Check on bub.

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

These are just for play time, take bub out if they fall asleep.

They can cause bub’s chin to drop to their chest and stop air from getting in when they are asleep.

Bub also needs to sleep safely when they are out and about.

If you’re driving, make sure bub’s in the right position when you put them in their car seat and check on them regularly – especially if you’re driving for a long time.

Safe sleep makes a strong bub.

Sleep them safe. In a safe place, in a safe way.

If you need to know more, yarn with your midwife, Aboriginal health practitioner, or health worker. They can help.

Visit Baby Product Safety for more information on safe sleep.

Authorised by the Australian Government, Canberra.