



# 7 easy steps to safe sleeping for your baby

1. Use a cot that meets the Australian Standard (AS 2172).
2. Always put your baby on their back to sleep.
3. There should be no quilts, doonas, duvets, pillows, cot bumpers, sheepskins or soft toys in your baby's cot or sleeping place.
4. Make sure your baby's head remains uncovered while sleeping. Place your baby with their feet to the foot of the cot. You can use a baby sleeping bag with fitted neck and arm holes (but no hood) rather than using extra bedding like quilts and doonas.
5. Make sure your baby does not overheat. Dress your baby as you would yourself.
6. Use a firm mattress that fits snugly into the cot with a firmly fitted sheet. If bedding is used it should be securely tucked in and not loose.
7. Do not let anyone smoke around your baby.

For more information on safe sleeping for your child, visit [www.fairtrading.qld.gov.au](http://www.fairtrading.qld.gov.au) or [www.productsafety.gov.au](http://www.productsafety.gov.au)