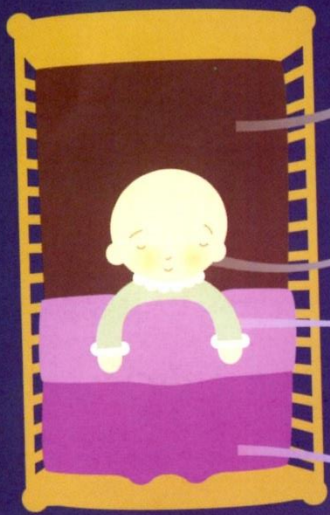


For the first six months,  
the safest place for me to  
sleep is in my cot in your room.



- ✓ 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.