

Safe sleep

in early childhood education services



Support families to understand safe sleeping

A safe sleep environment has a firm, flat mattress and is free of hazards

Do not use bouncers, rockers, prams or inclined devices for sleep

Place baby on their back for sleep, with head and face uncovered

Provide adequate supervision and conduct physical checks

As soon as baby shows signs of rolling - do not swaddle or sleep in a bassinet

Ensure no loose bedding, with blankets firmly tucked in to level of chest



Call Red Nose on 1300 998 698
or visit www.rednose.org.au

