



## Sudden Infant Death Syndrome

You may think that when you have your baby tucked up in his crib, that they are as safe there as they can be anywhere. Wrong! Babies are capable of getting into dangerous situations when they sleep and so you need to ensure that their sleeping environment is safe before you put them to bed.

### **Babies can:**

- Suffocate by getting caught up in the bedding
- Choke on small objects and toys left in the bed
- Suffocate as a result of getting stuck between the mattress and side of the cot
- Strangle on cords and ties

### **Babies cannot:**

- control their sleeping environment
- understand what poses a threat of danger
- get themselves out of dangerous situations

## **The Safe Sleeping Position**

- You should always place your baby on their back to sleep.
- Don't put your baby to sleep on their side as they may roll forward onto their stomach, which is an unsafe sleeping position, unless you have them supported by a specially designed wedge which keeps them from rolling over.
- Make the cot up with the sheets tucked in low down in the cot - when you place your baby into bed, her feet should almost be touching the end of the cot.
- Don't let the bedding come up any higher than your baby's shoulder. Your baby's head should always remain completely uncovered.