

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

