

'Sleep Safe,
My Baby'

safe sleeping

Six ways to sleep baby safely and reduce the risk of sudden unexpected death in infancy:

SLEEP
BABY ON
BACK

KEEP HEAD
AND FACE
UNCOVERED

KEEP BABY
SMOKE FREE
BEFORE AND
AFTER BIRTH

SAFE
SLEEPING
ENVIRONMENT
NIGHT AND
DAY

SLEEP BABY
IN SAFE COT
IN PARENTS'
ROOM

BREASTFEED
BABY



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