


making up baby's cot

Sleep baby in a
safe cot in parents'
room for the first
6-12 months of life

- ✓ Use a **safe cot** that meets the current Australian Standard AS2172
- ✓ Use a **safe mattress: firm, clean, flat** (not tilted or elevated), right size for the cot
- ✓ **Sleep baby on back**
- ✓ Keep **head and face uncovered**
- ✓ Position baby's **feet at the bottom** of the cot
- ✓ **Tuck blankets** in firmly or use a safe baby sleeping bag



Do not use pillows, doonas, soft toys, cot bumpers, or lambswools anywhere in the cot 

Do not put your baby to sleep on a water bed or bean bag 

✓ **Breastfeed baby**

✓ **Keep baby smoke free**

✓ **Safe sleeping environment night and day**

For further information on Safe Sleeping, use of Portable Cots and to check if your mattress is compliant with the new Voluntary Standard AS/NZS 8811.1.2013 Sleep Surfaces – Test for Firmness - talk to your midwife, child and family health nurse, doctor or contact Red Nose on

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