



1 Give baby a smoke-free environment before and after birth.

2 For every sleep, put baby on their back.

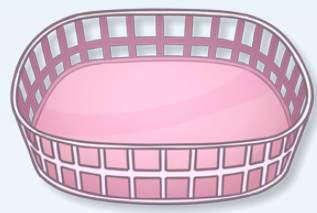
3 Breastfeed baby.

4 Share a room but not a bed.

5 Make sure any bedding is tucked in securely and away from baby's face.

Safe sleeping surfaces

Safe sleeping surfaces for an infant could include a basket, carton, washtub or drawer placed on the floor. All you need is a thin blanket placed on the bottom - baby can be dressed warmly and doesn't need other bedding.



basket



carton or box



washtub



drawer

Sudden Infant Death Syndrome (SIDS)
How to reduce your baby's risk of SIDS

Sudden Infant Death Syndrome, or SIDS, is the unexplained death of a baby less than a year of age while they are asleep. No one knows what causes SIDS but you can help reduce the risk by following these 5 tips.