Helping your child to shine

All parents want to create a safe sleeping environment for their baby.

Safe sleeping checklist

While resisting the impulse to constantly check your baby's breathing can be difficult, a Safe Sleeping Checklist has been designed to educate parents about safe sleeping environments and to lessen your anxiety about sleeping accidents.

Newborns spend up to 14 hours a day sleeping so it's vitally important that their sleeping environment is safe and minimises the risks of Sudden Infant Death Syndrome (SIDS).

The Safe Sleeping Checklist was developed in partnership with SIDS and Kids and all of Victoria’s maternal and child health nurses have been trained in how to use the checklist.

If you’ve just had a new baby, your maternal and child health nurse will explain the Safe Sleeping Checklist to you during your first home visit.

Preventing SIDS

Some of the tips to promote a safe night’s sleep include:

• Put your baby to sleep on its back, never on its stomach or side
• Be careful that your baby’s head and face stays uncovered during sleep
• Maintain a smoke-free environment around your baby before and after birth
• Make sure your baby’s feet are positioned at the bottom of the cot
• Make sure there are no quilts, doonas, pillows, bumpers, sheepskins or soft toys in your baby’s cot.

For more information about the Safe Sleeping Checklist visit the website below.

www.education.vic.gov.au  1800 809 834