



# Baby Safe Sleeping Checklist



## For at least the first 6 months:

1. Lay your baby flat on their back and place them with their feet at the foot of the cot.

4. You should be in the same room as your baby as they sleep. Make your home a 'smoke-free' environment.

2. Cots or Moses baskets are best. Sleeping pods, nests and hammocks are not recommended.

5. Keep their cot clear and clutter free: no toys, duvets, pillows, or cot bumpers.

3. It's best that babies sleep on their own in their cot. Co-sleeping is not recommended.

6. 16 - 20°C is often a comfortable temperature, but remember to check they're not hot or cold by feeling the back of their neck or chest.