

Reducing SUDI and SIDS risk: in pictures

Safe sleeping positions



Sleeping babies on their backs cuts the risk of [sudden unexpected death in infancy \(SUDI\)](#) including SIDS and fatal sleeping accidents.

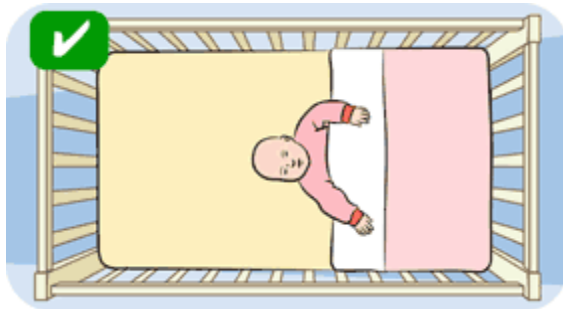


Babies who sleep on their tummies are at a greater risk of SUDI.



Sleeping on the side is a SUDI risk. It's OK for older babies to roll, but put your baby to sleep on his back.

Safe sleeping environment



Use a mattress that is flat, firm and fits the cot well. Put your baby's feet at the bottom of the cot and tuck in the sheets securely. Have the cot in your room for the first 6-12 months.



Don't use quilts, doonas, lamb's wool, pillows, soft toys, bumpers or anything that could cover your baby's head during sleep. Don't let baby sleep on a couch or armchair.

More ways to reduce SUDI risk



If you can, breastfeed your baby or feed your baby with expressed breastmilk for the first six months. Breastfeeding reduces SUDI risk by more than half.



Overheating is a SUDI risk. **Don't overdress baby** or put baby to bed in a hat or hood. Dress baby as you would dress yourself. Your baby should be warm but not hot.



There's a strong link between SUDI and parents who smoke. If you're finding it hard to quit, **call Quitline on 137 848** for help.