

Breastfeeding Tip

help your baby sleep safely



Create routines for safe sleep:

- Put your baby in a crib for all sleep times - naps and at night.
- Your baby is safest when they sleep on their back.
- Use a firm, flat mattress in a safe crib, covered only by a fitted sheet.
- Keep pillows, toys, blankets and bumper pads out of the crib.
- Place your baby's crib close to your bed to make it easier to feed, comfort and keep an eye on your baby.
- Do not cover your baby's head or let your baby get too hot.



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