

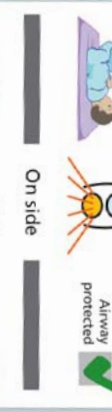
Sleep baby on their **back** from birth



Why **supine** is safest for babies

Airway Oesophagus

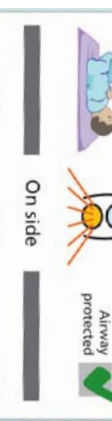
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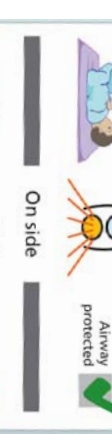
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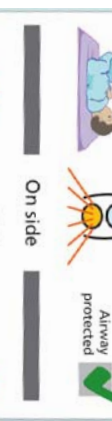
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Safe sleeping for Babies

Essential care checklist

- Back to Sleep
- Head and face uncovered (feet to foot)
- Smokefree
- Safe sleeping place: same room as parents for first 6-12 months
- Home sleeping arrangements: room-sharing, bed-sharing, daytime naps
- Safe settling strategies: infant wrapping
- Tummy time when awake
- Breastfeeding
- Immunisation

Enjoy your baby!

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