

- WELCOME 1
- REDUCING THE RISK OF SIDS 2
- THE SAFE WAY TO SLEEP WITH YOUR BABY 3
- WRAPPING & TUMMY TIME 3
- MUMS GET TOGETHER 3
- A WINNER 4
- CONTACT US 4



# News

## Welcome!

Welcome again to the CABOOLTURE mums & little ones newsletter. In this issue, we have some very important tips to help you protect your baby.

SIDS, or Sudden Infant Death Syndrome, is the sudden, unexpected death of a baby during sleep. You can reduce the risk of SIDS by following some simple rules. **Do you know how to make a safe sleeping place for your baby to reduce the risk of SIDS?**



On page 2 we give you the four main ways to protect babies from SIDS.

It is recommended that the safest place for a baby to sleep is in a cot next to the parents' bed for the first 6 to 12 months.

However, if parents choose to sleep with their baby, there are some things you can do to make it safer. See the list on page 2, and make sure that friends or family who look after your baby know how to make a safe sleeping place to reduce your baby's risk of SIDS.

On page 3, we talk about wrapping your baby for sleeping and "tummy time".

I hope that you, your baby, and your family sleep safe, with sweet dreams.



Yvette Miller, Director  
CABOOLTURE mums & little ones



# Reducing the Risk of SIDS

SIDS can happen to any baby, but it happens more to babies who are around tobacco smoke before and after birth, who are placed to sleep on their tummy, or who do not have a safe sleeping place.

There are **4 main ways to protect your babe:**

1. Sleep your baby on their back from birth – never on the tummy or side.
2. Sleep your baby with face uncovered.
3. Keep your baby away from tobacco smoke, before and after birth.
4. Provide a safe cot, safe mattress, safe bedding and a safe sleeping place.

A safe sleeping place lowers the risk of SIDS. **To make a safe sleeping place for your baby:**

- Put your baby's feet at the bottom of the cot.
- The cot must meet the Australian standard for cots.
- Tuck in bedclothes so bedding is not loose.
- Keep quilts, doonas, duvets, pillows and cot bumpers out of the cot.
- Use a firm, clean mattress that fits snugly in the cot.
- The safest place for a baby to sleep is in a cot beside the parents' bed until the baby is 6 to 12 months of age.

## The Safe Way to Sleep with Your Baby

SIDS and Kids Australia recommend that the safest place for a baby to sleep is in a cot next to the parents' bed for the first 6 to 12 months. However, if parents choose to sleep with their baby, the following things may make it safer and reduce the risk of SIDS:

- Put your baby on the back to sleep, never on the tummy or side.
- Make sure that bedding cannot cover your baby's face.
- Make sure the mattress is firm.
- Make sure baby cannot fall off the bed. A safer idea is to place the mattress on the floor.
- Pushing the bed up against the wall can be dangerous as babies have died after being trapped between the bed and the wall.
- Babies should not sleep with people who smoke, who are under the influence of alcohol or drugs, or who are overly tired.
- Babies should not sleep with other children or pets.
- Babies should not be placed to sleep on a sofa, beanbag, waterbed or soft or sagging mattress.



## Wrapping & Tummy Time

For some babies, wrapping them in a light sheet or cotton muslin cloth will help them to settle and sleep.

Wrapping is a safe and effective strategy to try if you are having difficulty settling your baby. Make sure your baby's head is not covered and always place baby to sleep on the back, never on the front or side.

When the baby is awake and being looked after by an adult, it is safe to put baby on its tummy to play. This is called 'tummy time' and is important for baby's development. Make sure the baby does not fall asleep while on the tummy.



The information on SIDS presented in this newsletter is taken from The Queensland Health SIDS factsheet.

## Mums Together



### Come relax and have fun!!

Together, mums can learn and share tips about parenting, cooking, budgeting and family activities.

### Share your ideas and interests.

Fun activities are provided for the children.

### Enjoy morning tea.

#### Where

Caboolture Senior Citizens Club  
(Hasking St.)

Note: this may change in November, please check

#### When

Every 2<sup>nd</sup> Tuesday

October 14 & 28

November dates to be advised

**Time:** 9.30- 11.30am

**For more information phone: 5428 1477**

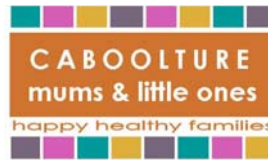
# A Winner!



Earlier this year we ran a competition to win a Coles/Myer gift voucher.

The lucky winner was Dawn Mickelo!  
Dawn registered and posted a message on the CABOOLTURE mums & little ones website forum during June-July.  
Congratulations Dawn!

In picture: Jarrah, Dawn, and Clancy Wall



## Contact Us



Telephone or SMS: 0402 791 315



[caboolture@mumsandlittleones.com](mailto:caboolture@mumsandlittleones.com)



Yvette Miller/Clancy  
CABOOLTURE mums & little ones  
McElwain Building,  
The University of Queensland  
St Lucia QLD 4072



[www.mumsandlittleones.com](http://www.mumsandlittleones.com)



**Queensland Government**  
Queensland Health

