



# BABY SAFE SLEEP

Guidelines\*

HAPPY *Baby* SCHLAF

## Avoid SIDS !



### BACK TO SLEEP

Always place your baby on their back when they sleep



### BABY COT, PARENTS' ROOM

Let your baby sleep in their own cot, in the same room with parents



### YES TO BREASTFEEDING

Breastfeeding babies have a lower risk of SIDS



### NO SMOKING

Do not smoke or use any drugs around babies



### COOL SPACE

Set the temperature of the sleeping room to 18-20°C



### FREE SLEEP SPACE

Do not put toys, cot bumpers, cushions or blankets in a baby's crib

\* for babies up to 6 months old, at least, recommended by WHO

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BETTER SAFE THAN SORRY