

Safe sleeping space for your baby

The safest way to sleep a baby is on their back and in their own cot, without a lot of bedding and without any toys inside the cot.

For the safety of your baby, we do not support your baby sleeping in the same bed as you while staying at the hospital. We understand and respect that you may do this at your home.

For more information

Women's and Children's Hospital

72 King William Rd,
North Adelaide SA 5006
Telephone (08) 8161 7000
www.wch.sa.gov.au

KidSafe SA

Phone: 8161 6318
www.kidsafeSA.com.au

If you do not speak English, request an interpreter from SA Health and the department will make every effort to provide you with an interpreter in your language.



<https://creativecommons.org/licenses>

© Department for Health and Wellbeing,
Government of South Australia. All rights reserved.
September 2023.

wch.sa.gov.au



Sleep your baby safely in hospital



Government of South Australia
Women's and Children's
Health Network



Women's
& Children's
Hospital

Staying in hospital

If your baby is admitted to hospital when they are sick, they will need to be closely observed by a nurse or midwife.

Your baby may be at a higher risk of Sudden Unexpected Death if they are not sleeping safely in their own cot.

There are increased risks of sleeping in the same bed as your baby in hospital due to:

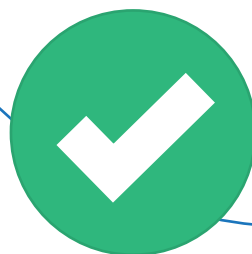
- Your baby's illness
- The type of beds that are available for parents/caregivers (the dents made in the mattress by an adult may affect a baby's breathing pattern)
- You are likely to be tired.

Safety is our priority

We want you and your baby to be as comfortable as possible in hospital and get the rest you need.

Most importantly, we want your baby to be safe.

The safest sleep space for your baby is in their own cot.



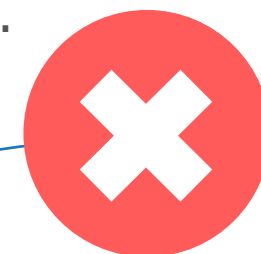
Safe ways to comfort your baby

We encourage you to cuddle, breastfeed and comfort your baby while in hospital.

Some safe ways to comfort your baby and be close to them:

- Place your chair next to the cot, within reach of your baby.
- Comfort your baby to sleep and then place your baby safely in their cot to sleep.
- Comfort your baby but return your baby safely to their cot before you fall asleep.

Please talk to your nurse or midwife about other ways you can comfort your baby while in hospital.



Images courtesy of Kidsafe SA Inc.