

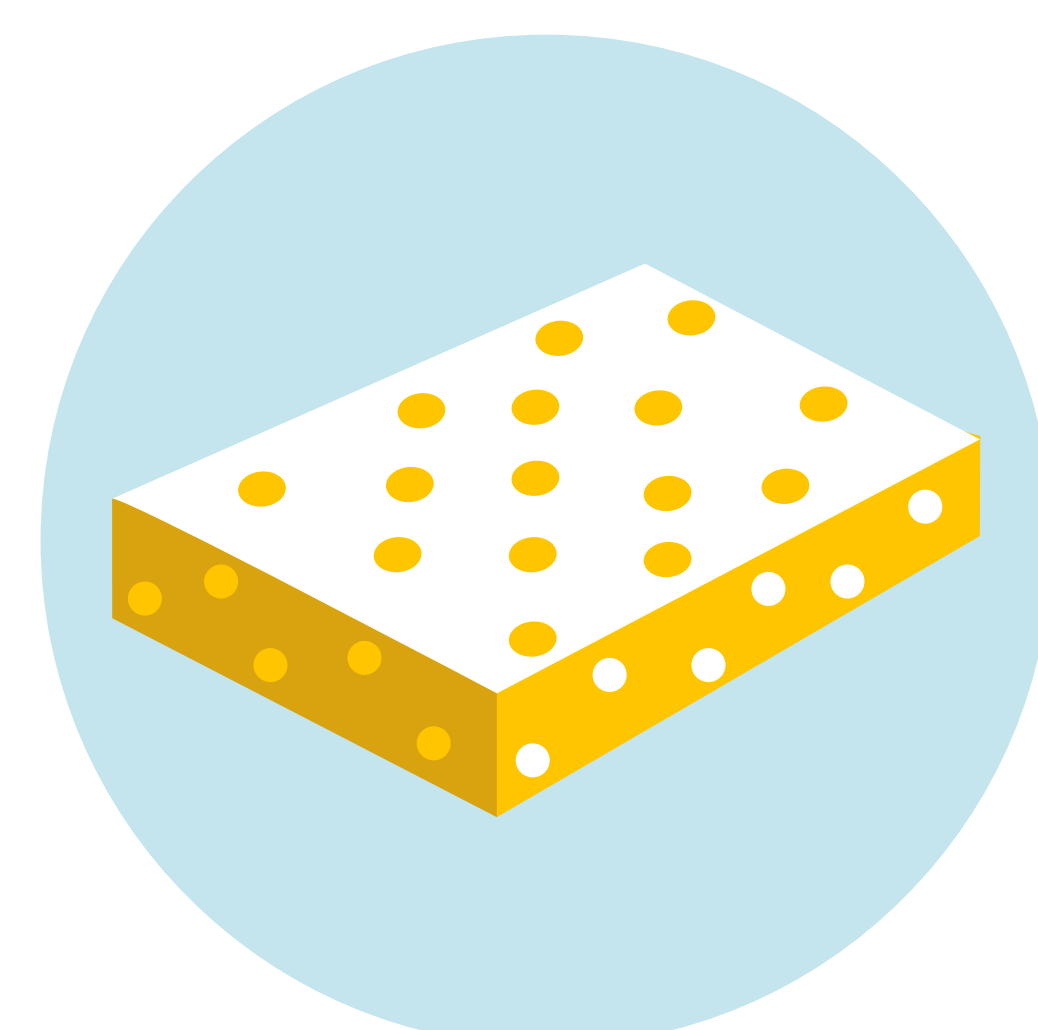
# Protect your child from Sudden infant death syndrome (SIDS)



Ensure the **cot** is properly **assembled**.



Use a **firm mattress** with **no more** than **two fingers width** between the **cot** and the **mattress**.



Remove **everything** other than the **mattress** and **sheet** from **the cot** when baby is **sleeping**.



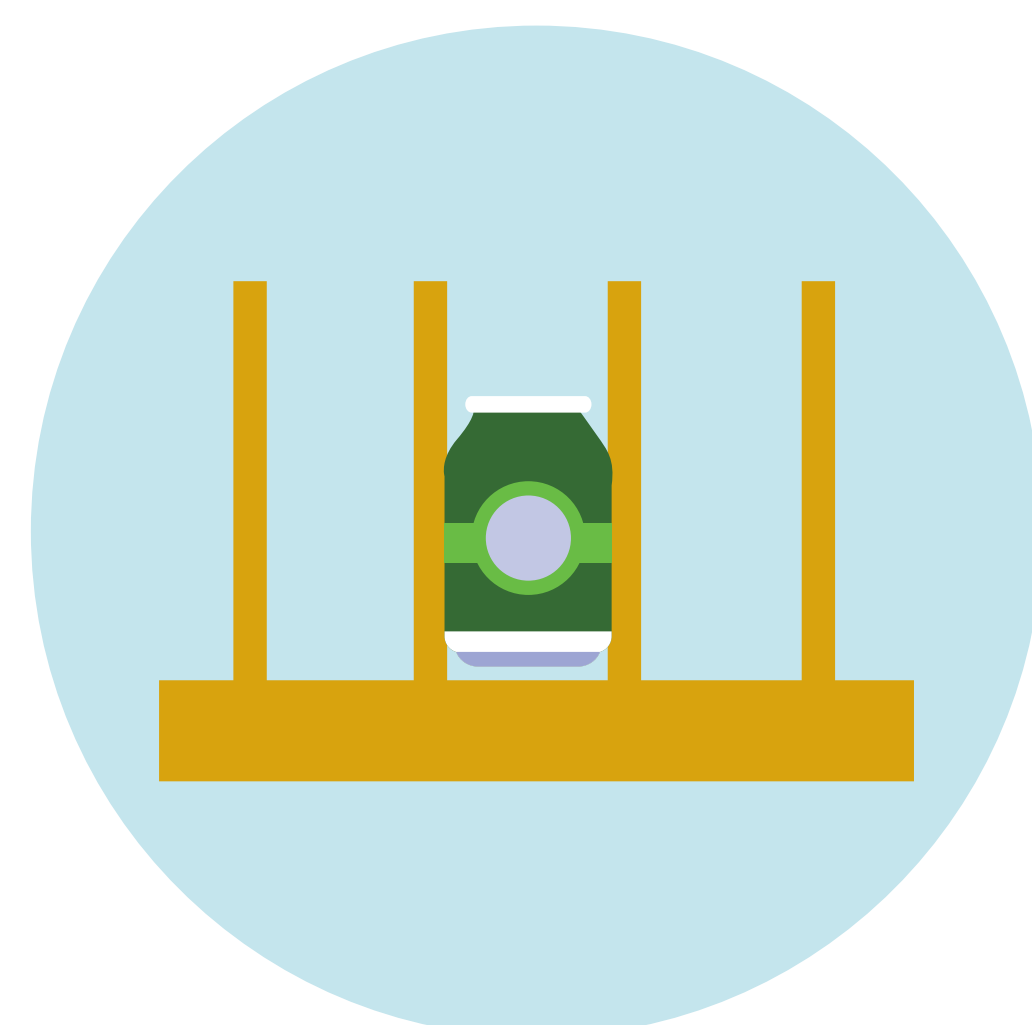
Don't **overdress** your baby **for bedtime**. Your **baby** shouldn't be **hot** to the **touch**.



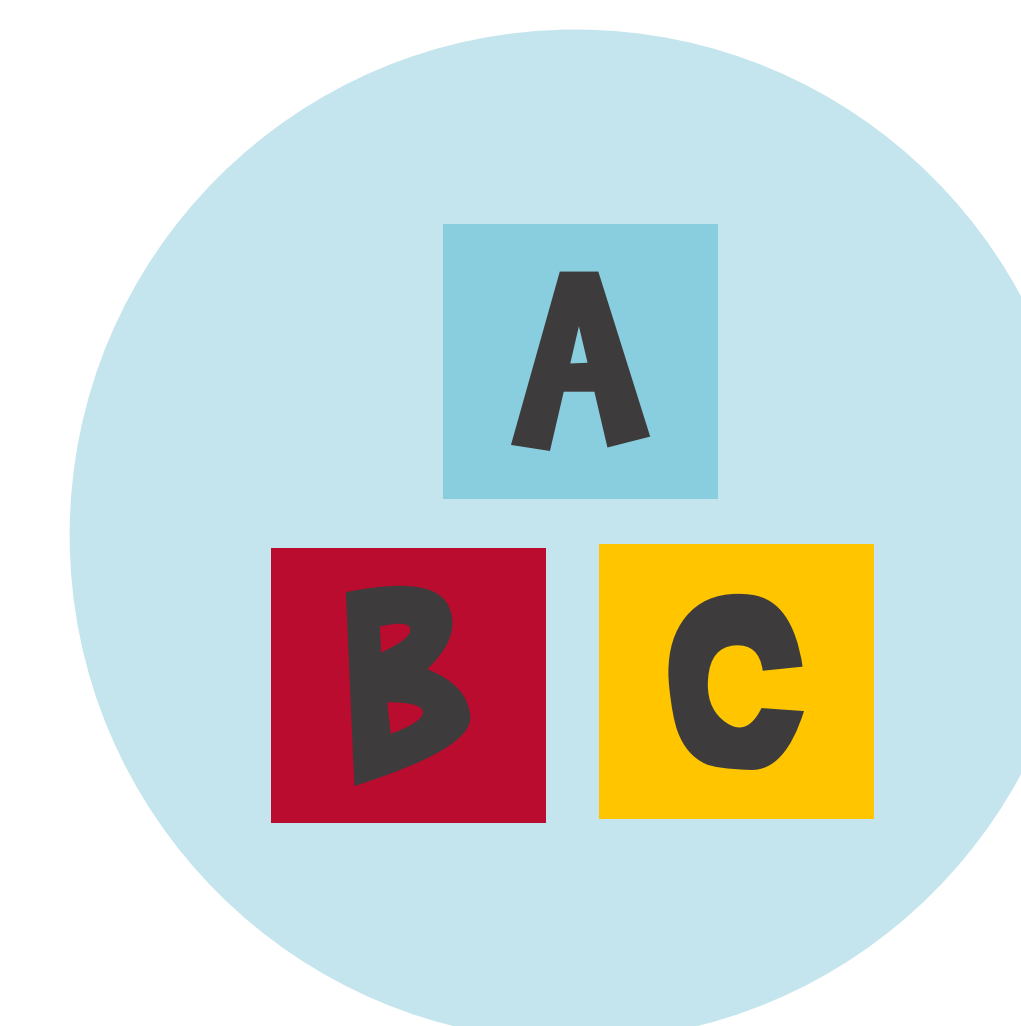
Always place **your baby** on their **back** to **sleep**.



There **shouldn't** be more than a **soda can width** between the **cot bars**.



Keep baby in **mom's room**, but in a **separate** sleeping **area**.



Put **your baby** on their **tummy** when **awake**. This will **strengthen** their **back** and **shoulders**.



Keep a **smoke free** zone around your **baby**.

