



Government of Western Australia
Child and Adolescent Health Service



Neonatology

Sudden Infant Death Syndrome (SIDS) safety

Perth Children's Hospital and Neonatology

King Edward Memorial Hospital
and Perth Children's Hospital



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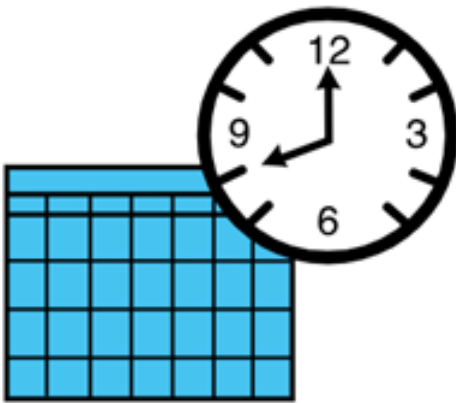
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What is SIDS?

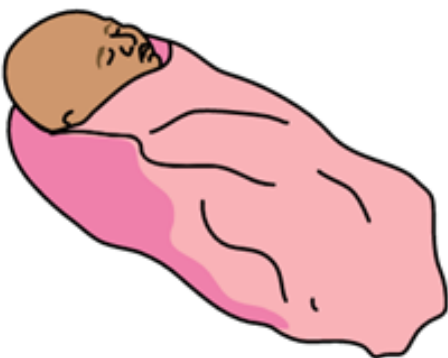


This guide is about keeping your **premature baby safe** while they are sleeping.

It is important we **follow these steps**.



SIDS (**S**udden **I**nfant **D**eath **S**yndrome) or **Cot Death** can affect babies younger than **6 months old**.



Premature babies have a higher chance to be affected by **SIDS** (almost doubled).

Keeping baby safe while sleeping



Place **baby** on their **back** while **sleeping**.

Make sure their **feet** are at the **bottom** of **the cot**.

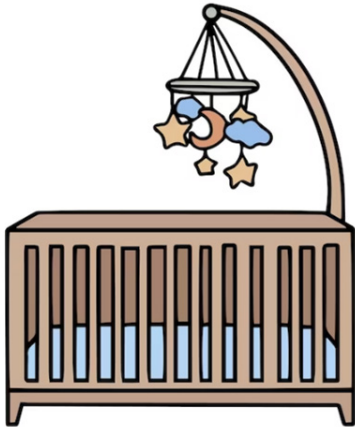


Make sure their **head** and **face** are **uncovered**.



Make sure there are **no soft** or **bulky** items such as **doonas** or **loose blankets**.

Keeping baby's room safe



The **safest place** for baby to **sleep**, is their **own space** in, **your room**, with correct bedding.



Due to the risk of **SIDS** in premature babies. We **do not** recommend **sleeping with baby**.



Keep your home **smoke free**. Even being in the same room can increase the **risk of SIDS**.

Key contacts

King Edward Memorial Hospital
Reception - NICU

 6458 2099

King Edward Memorial Hospital
Aboriginal Liaison Service

 6458 2777

King Edward Memorial Hospital
Child Care Centre

 6458 1370

King Edward Memorial Hospital
Aishwarya's Care Call

 0414 930 196

South Coastal Health Services
- Babbingur Mia

 9550 0900

Perth Children's Hospital
Reception - NICU

 6456 3445

Perth Children's Hospital
Aboriginal Liaison Service

 6456 2222

Perth Children's Hospital
Child Care Centre

 6456 0501

Perth Children's Hospital
Aishwarya's Care Call

 6456 0337

Derbarl Yerrigan Health
Service

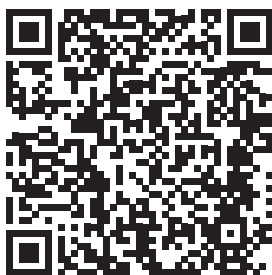
 9421 3888

Notes

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For more information **scan the QR code** or visit
cahs.health.wa.gov.au/Neonatology-Resources

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