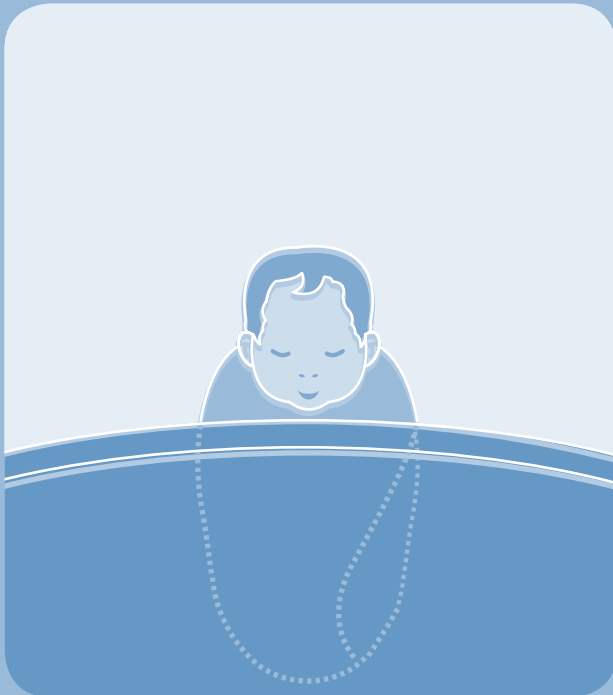


Important

- Follow the 'SIDS & Kids' guidelines.
- **Don't smoke in the house.**
- Don't have baby sleeping in the same bed as you, but have her sleeping in the same room.
- Have a responsible adult available to care for your baby if you decide to use alcohol or drugs.



Contact details

Women's Alcohol and Drug Service
 8.30am – 5.30pm Monday to Friday
 L1, 313 Cardigan St, Carlton Victoria 3053 (03) 8345 3931
 Email wads@thewomens.org.au
 Website www.thewomens.org.au/alcoholdrugservice

Other important numbers

Drug Information Line
*for written information
 and resources* 1300 858 584

Direct Line
*for counselling
 and referral (24/7)* Free call 1800 888 236

The Royal Women's Hospital (03) 8345 2000

The Royal Women's Hospital
 Young Women's Program (03) 8345 2127
 Website www.ypp.org.au

YSAS
 (Youth Substance Abuse Service) Free call 1800 014 446

Women's Health Information Centre
for free information and resources
 Melbourne callers (03) 8345 3045
 Rural/country callers Free call 1800 442 007
 Email whic@thewomens.org.au

Maternal and Child Health
 24 hour help line 132 229



Safe sleeping for your baby

Important
 information
 for parents
 using alcohol
 and drugs



What is SIDS?

SIDS is short for Sudden Infant Death Syndrome. In the past, this was called 'cot death.' It means the sudden unexpected death of a baby from no known cause. It is the most common cause of death for infants in Australia between the ages of one month and twelve months. More babies die of SIDS in winter than in summer.

Why is my baby more at risk?

The risk of SIDS is greater if you smoke or use alcohol and drugs during pregnancy or after your baby is born.

Even if you are in late pregnancy your baby will still benefit by you taking action to reduce or cease smoking and drug or alcohol use.

How to put your baby to sleep safely

Follow the safe sleeping recommendations from 'SIDS & Kids'.

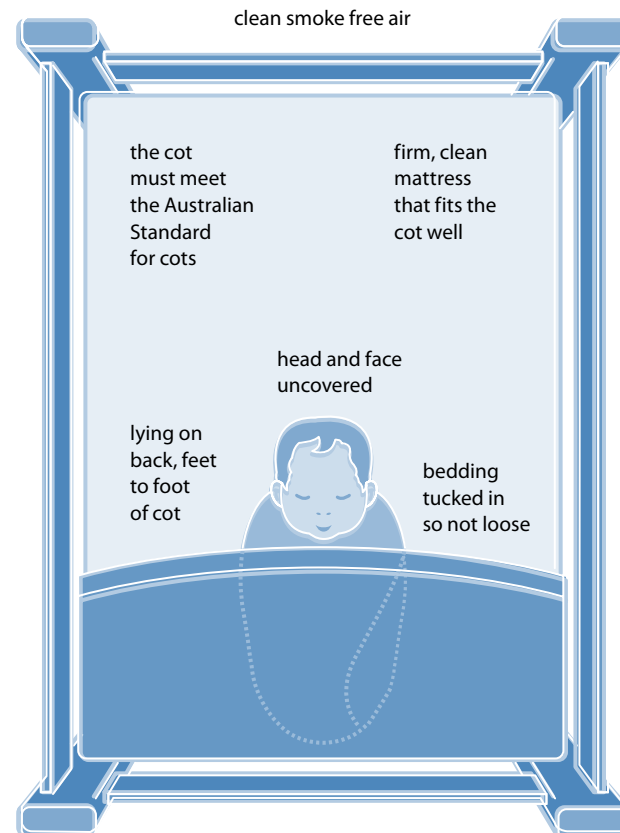
- Always have your baby sleeping in their own cot.
- Always ensure your baby is put to sleep on her back.
- Ensure the cot has a firm well fitted mattress and clean bedding.
- Never put your baby to sleep on a waterbed, bean bag, sofa or mattress on the floor. They are not safe sleeping places.
- Be sure that other people who care for your baby know how to put her to sleep safely.

Why your baby should not share your bed

It is not recommended that your baby shares your bed for sleeping, feeding or comforting. Drugs such as methadone, heroin, sedatives, tranquillizers and antidepressants can cause you to sleep heavily. You may be less aware of where your baby is in the bed. There have been occasions when parents have accidentally smothered their babies under these circumstances.

Help with safe bedding

If you are having difficulty obtaining safe bedding, contact your social worker or midwife. There are services available to help you obtain baby goods.



Ensure your baby's safety

To make sure your baby's sleeping environment is safe, ask the domiciliary midwife or maternal and child health nurse to check when they visit.

Steps you can take to reduce the risk for your baby

- Read the 'SIDS & Kids safe sleeping' brochure. This can be obtained from your midwife, doctor or maternal and child health nurse.
- Follow the 'SIDS & Kids' recommendations for safe sleeping.
- Seek professional assistance to reduce or cease your drug or alcohol use. Contact Direct Line on **1800 888 236** to talk with someone about your alcohol or drug use.
- Don't smoke in the house or car or allow anyone else to smoke near your baby.
- Ring the Quitline on **131 848** for information and support to help you and your partner quit smoking.
- Take your baby to a doctor or hospital emergency department if he appears unwell.
- Develop a **safety plan**. Have a responsible adult available to care for your baby if you decide to use alcohol or drugs.